



# COLCHESTER PARKS & RECREATION



## WINTER/SPRING 2020 ACTIVITY GUIDE

January • February • March • April • May

"Optimizing the Experience of Living"

[colchestervt.gov](http://colchestervt.gov) • 802-264-5640





# GENERAL INFORMATION

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## GIVE THE GIFT OF RECREATION

Are you tired of giving the same gifts year after year, holiday after holiday? Well, look no further Colchester Parks & Recreation gift cards are great for all ages! We offer over 500 programs a year for the entire family to enjoy!

### OFFICE INFORMATION

Location: 781 Blakely Road  
Colchester, VT 05446  
Telephone: 802-264-5640  
Fax Number: 802-264-5647  
Website: colchestervt.gov/recreation  
Office Hours: Monday - Friday,  
7:30 a.m. - 4:30 p.m.

### OBSERVED HOLIDAYS (office closed)

December 31: New Years Eve (close at 11:30 am)  
January 1: New Years Day  
January 20: Martin Luther King Jr. Day  
February 17: President's Day  
May 25: Memorial Day

### METHODS OF PAYMENT

We accept VISA, MASTERCARD, DISCOVER & AMERICAN EXPRESS credit cards, checks and cash.

### CANCELLATIONS & REFUNDS

Programs that do not meet the minimum number of registrations may be cancelled. Registrants will be notified by phone and will receive a full refund. Requested refunds are only available up to 10 business days prior to the start of the program with a \$6.00 administrative fee. This applies to transfers as well.

### ONLINE REGISTRATION

Now you can register 24/7 online! Registration can be made as soon as you receive this brochure. For step by step directions, log on to our website at colchestervt.gov/Recreation

### REC ADVISORY BOARD

Adriane Martin, Chair	Dick Pecor, Vice Chair	Jim Neary	Scott Perren
Dr. Ruth Blauwikel	Julie Hulburd	Student Liaison: Emma McDonald	
Ashley Strong			

### PICTURE WAIVER

By participating in a Town of Colchester Recreation program, participants may be photographed for future publications or recognition of events. By signing up for a program, you are willingly signing a waiver that grants the Colchester Recreation Department permission to use your photo to promote programs. Pictures taken may be used up to 10 years after the photo was taken. If you do not wish to have your picture taken, please notify the staff prior to the activity.

### SPECIAL NEEDS

We do our best to accommodate those with special needs. With a few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

### NON-RESIDENTS

Non residents may register for any programs offered, on a space available basis, after January 3, 2020.

### NON-RESIDENT SURCHARGE

\$10: Program Fee \$0-\$99  
\$20: Program Fee \$100-\$199  
\$30: Program Fee \$200+

## CATHY NEARY SCHOLARSHIP FUND



It is with great pride that we have named our Scholarship Fund after Cathy Neary who was our Administrative Assistant from 2005 to 2012. In 2014, Cathy lost a courageous 11 year battle with cancer. But throughout those years, she never let it change her lovely personality or her positive attitude.

She was a kind and loving employee who felt that everyone, regardless of their financial situation, should experience the joy of recreation. There were many occasions that Cathy, out of her own pocket, financially assisted families who could not afford their portion of the scholarship match. Although she is no longer a physical presence in our office, her presence will continue in spirit through this scholarship fund.

# PARKS & RECREATION STAFF



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Parks Maintenance I  
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# COLCHESTER PARKS & RECREATION

“Optimizing the Experience of Living”



## A MESSAGE FROM COLCHESTER PARKS & RECREATION DIRECTOR, GLEN CUTTITTA



**Glen Cuttitta, CPRP**  
Director  
gcuttitta@colchestervt.gov  
802-264-5641

Welcome to the 2020 Winter-Spring Program Guide! The programming staff at Colchester Parks and Recreation has done a fantastic job looking for new and creative programs! We take a great deal of pride in providing recreational opportunities to residents of all ages. We certainly hope that you will find a program or event for yourself or your family to enjoy.

Currently, we have been overseeing the repairs to the Causeway. The work started on September 3rd and the contractor has been moving at a quick and steady pace.

We are extremely hopeful that they will

have it ready to use by our target date. We have also been working with an energetic group of pickleball players to raise funds to construct four dedicated pickleball courts at Airport Park. With their fundraising and assistance from the Park Capital Plan, we are able to make this project a reality. We are optimistic that by next summer the new courts will be open!

I would like to thank all the volunteers that have made all of our programs and events so successful! These folks (and some have been volunteering longer than I have been director) have stayed dedicated throughout the years and we are so extremely fortunate to have them. If you have never volunteered with us, I encourage you to get involved in your community. We love to have fun and it is great to witness others having fun participating.

Finally, we bid farewell to our seasonal parks staff, who will leave during the winter months; they have done exceptional work all summer long to keep our parks in tip-top shape! However, Parks Manager, Andrew Newton, Jordan Cota and Josh Thibault will continue their work through the winter caring for the parks, plowing parks and municipal lots and walkways, grooming trails and caring for the skating rink. This winter, take advantage of what the parks have to offer. Whether it is ice skating, Nordic skiing, or snowshoeing at Airport Park or taking advantage of our other parks, just give it a try!

We hope that you will stay active with us through the winter and spring, and remember that Colchester Parks & Recreation is your #1 resource for optimizing the experience of living in Colchester. Have fun!

Yours in Recreation,  
Glen Cuttitta, Director

## FIND US ON THE FOLLOWING SOCIAL MEDIA:

@colchesterrec





# SPECIAL EVENTS

## 37TH ANNUAL WINTER CARNIVAL

January 31, February 1 & 2, 2020

### COLCHESTER'S GOT TALENT "ALL STARS" JANUARY 31

This year is invite only! We are bringing back some of the past year finalists to celebrate 10 years of talent!!!

THIS IS GOING TO BE AN AMAZING SHOW! DON'T MISS OUT!

#ColchesterWC

A full listing of events will be available in January. To enter into any part of our event, you must purchase a Winter Carnival Bracelet. Every person over the age of 2 must purchase a bracelet at \$7 per bracelet. Credit Cards will be accepted at the event this year for entry bracelets!



### THEME: "THROUGH THE YEARS"

Friday Night:

- \* Colchester's Got Talent "All Stars" (previous winners)

Saturday:

- \* Inflatables
- \* Hall Walkers
- \* Sugar on Snow
- \* Pony Rides
- \* Playdough Room
- \* Arts & Crafts
- \* Caricatures
- \* Henna
- \* Hay Rides
- \* Face Painting
- \* Laser Tag
- \* Balloons

Sunday:

- \* Skating with Colchester Police at Airport Park (BYO Skates) (weather dependent)

AND SO MUCH MORE!!!!

## WINTER CONCERT: IN THE POCKET

Friday, March 27, 2020

7:00 p.m. at Colchester High School, Theatre

Admission is FREE



In the Pocket is a 6-piece "little big band" based in Burlington, Vermont playing jazz classics from the swing and be-bop era. Two vocalists cover a broad range of favorites from Broadway shows to songs made famous by Frank Sinatra, Tony Bennett, Duke Ellington and other legends. They have a blast playing for audiences of all ages, and are not satisfied until people get up and dance!

## AIRPORT PARK: X-COUNTRY SKI TRAILS & OUTDOOR ICE RINK

JANUARY - MARCH  
(WEATHER DEPENDENT)

## SUMMER 2020 PAVILION RENTALS

Reservations for Residents will begin on  
Tuesday, January 7, 2020

Reservations for Non-residents will begin on  
Tuesday, January 21, 2020

***New this year, online requests available!***



# SPECIAL EVENTS

## EASTER EGG HUNT

**Saturday, April 11, 2020**  
**10:00 a.m. Bayside Park**

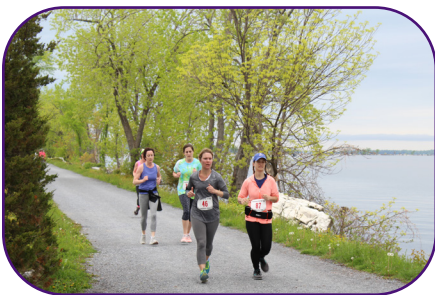
Come join the Easter Bunny for a great egg hunt. Bring a bag or basket to put your eggs and goodies in. Please park your vehicles at Colchester High School and enter the park by the softball field road off Laker Lane. Children will be separated by age groups to hunt for eggs in different areas of Bayside Park. Ages 4 & under will be at Lower Bayside Park. Ages 5 - 8 will be at Upper Bayside Park. Don't miss this great event!

Colchester Lions Club will be hosting a food drive for the Community Food Shelf. We are asking that all participants bring at least one non-perishable or canned item to the hunt.

*Sponsored by the Colchester Lions Club and Colchester Parks & Recreation.*

## 8TH ANNUAL CAUSEWAY 5K, 10K & 15K RACE

**Saturday, June 6, 2020**  
**8:00 a.m. at Airport Park**



Choose to run either the 5K, 10K or 15K and enjoy the scenic Colchester Causeway. This race will begin at Airport Park, following

a gravel trail out onto the historic Causeway, where runners will make their way to designated turn-around points on the Causeway before returning to the finish at Airport Park. This race will take place on flat gravel and dirt trails surrounded by diverse wetlands, scenic views and Lake Champlain. Proceeds will help maintain and improve the Colchester Causeway for future generations. T-shirt included. Limit 200 runners for 5K, 250 for the 10K & 15K. 10K & 15k runners must be 12 years old or older. Register online at [www.active.com](http://www.active.com). Registration opens February 1, 2020.

## 13TH ANNUAL TOUCH A TRUCK

**Saturday, May 2, 2020**  
**Colchester High School, Parking Lot**

9:00 - 10:30 a.m. (Quiet time - no sirens)  
10:30 - 11:00 a.m. (Sirens may be used)

Come out and see what it's like to be in the big trucks! Children (and parents) can climb, sit and play on tractors, police cars, dump trucks, an ambulance, a school bus and a variety of other vehicles. Don't forget your cameras to capture the smile on your child's face as they sit in these neat trucks! FREE Event, rain or shine.



## 36TH ANNUAL COLCHESTER TRIATHLON

**Sunday, July 26, 2020**  
**8:00 a.m. at Bayside Park**

Be a part of a tradition by participating in the Colchester Triathlon! Whether you compete for fun or competition, you're sure to have a grand time swimming 500 meters or 1.5 mile of kayaking. Then survive the 12 mile bike and 3 mile run. Refreshments are provided to refuel yourself after a job well done. The race is limited to the first 400 entries. Still want to be part of this amazing event, but don't want to race it? We need volunteers! If you are interested in volunteering in any capacity, contact us at 264-5640 For more information or to register, check out our Triathlon website at [www.colchestertri.com](http://www.colchestertri.com) or register online at [www.active.com](http://www.active.com). Registration opens February 1, 2020.

# PRESCHOOL

## PLAYGROUP

**Ages Birth - 5**

We provide large and small motor activities, crafts and stories as well as a socialization with children of the same age. Playgroups are a great way for families to connect with other families, find out about other resources in the area and begin conversations about child development and parenting. If school is cancelled due to bad weather, so is playgroup. Playgroup also does not meet during school vacations or holidays. Please bring a snack. Maximum: 50.

**Facilitator:** Colchester Parks & Recreation Staff  
**Location:** Colchester Meeting House, Upstairs

**1/8-6/10 W&F 9:30-11:00 a.m. FREE**  
 (Skip: 2/26, 2/28, 3/20, 4/25, 4/24)

## MBS CAREGIVER/CHILD PLAYGROUP

**Ages Birth - 5**

Join us on Monday afternoon at Malletts Bay School for a free caregiver/child playgroup. This is a great chance to visit with other Colchester parents while the children play in a beautiful early childhood classroom. Free play, songs, stories, crafts and snack are all part of our free playgroup experience. Just drop in! If you have questions, call MBS at 802-264-5900.

**Facilitator:** Malletts Bay School Staff  
**Location:** Malletts Bay School, Early Childhood Rm

**MON 1:15 - 2:30 p.m. FREE**

## TINY TUMBLERS

**Ages 3 - 4**

Help your little one roll around and go upside down! We'll stretch and jump, try new challenges on the obstacle course and then play games with the parachute! Gymnastics is a great way to build coordination, confidence and balance...watch your child get stronger and more body-aware each week! This hands-on program is one adult per child. Wear fitted, stretchy clothing. Please tie back long hair. Bring a water bottle! Minimum: 5, Maximum: 8.

**Instructor:** Karen Krajacic  
**Location:** Bayside Activity Center

**1/19-3/15 SUN 1:00-1:45 p.m. \$59(R)/\$69(NR)**  
 (Skip: 2/2, 2/23 & 3/1)

## BABY/TODDLER MUSIC MAKERS

**Ages 6 weeks - 2.5**

Enhance your child's natural love of music while stimulating verbal, physical and social development. This fun, music and movement class features guitar sing-a-longs with instruments, knee bounces, peek-a-boo songs, finger plays, rhythm activities, dancing and LOTS of bubbles! Meet other parents and learn many "take-home" songs to deepen the bond with your little one. This class is for babies, toddlers and caregivers only...please, no older siblings. Minimum: 6, Maximum: 14.

**Instructor:** Ellie Tetrick  
**Location:** Bayside Activity Center

**A: 1/18-2/22 SAT 11:00-11:45 a.m. \$65(R)/\$75(NR)**  
**B: 3/7-4/18 SAT 11:00-11:45 a.m. \$65(R)/\$75(NR)**  
 (Skip: 4/11)



## PRESCHOOL MUSIC MAKERS

**Ages 2.5 - 5**

Preschoolers have lots of ideas and love to share them! This active class encourages your child's input and creativity and takes him or her to the next musical level by offering cooperative activities, echo songs, kazoos, dancing with ribbons, rhythm instruments, creative movement, beach ball games, "hands-on" instrument demonstrations (French horn and banjo), parachute fun and LOTS of bubbles! *Babies and toddlers are allowed to enroll for this class, but ONLY if a preschool sibling is also enrolled.* Minimum: 6, Maximum: 14.

**Instructor:** Ellie Tetrick  
**Location:** Bayside Activity Center

**A: 1/18-2/22 SAT 10:00-10:45 a.m. \$65(R)/\$75(NR)**  
**B: 3/7-4/18 SAT 10:00-10:45 a.m. \$65(R)/\$75(NR)**  
 (Skip: 4/11)



## TISSUE PAPER STAINED GLASS

**Ages 3 - 5**

Stained glass windows shimmer and shine in the sunlight providing some of the most beautiful awe-inspiring colors. It's time our little ones got a chance to create their own. With just some tissue paper, contact paper and a little creativity, your kiddo can create a beautiful work of art to be displayed in any window! Join us for a crafting session that will be easy peasy and sure to bring smiles all around. Minimum: 8, Maximum: 12.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Bayside Activity Center

1/25 SAT 8:45-9:45 a.m. \$10(R)/\$20(NR)

## VALEN-SLIMES DAY

**Ages 3 - 5**

Love is in the air and SLIME is in our hearts! Join us for a slimy good time at the Bayside Activity Center as we create, play with and take home some fun slime creations. Slime is a fun sensory project that will have your kiddos hands deep in some gooey fun! Parents should remain with children and be ready to get their hands slimy as they assist with the creations. Minimum: 8, Maximum: 12.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Bayside Activity Center

2/15 SAT 8:45-9:45 a.m. \$10(R)/\$20(NR)

## PRE-K HALF DAY DR SEUSS PROGRAM

**Ages 3 - 5**

We are excited to provide a Monday and Tuesday half day program for our towns Pre-K kiddos. Join us at the Bayside Activity Center for a half day filled with stories, crafts, snacks and fun activities that will keep your little one's mind occupied and their body engaged. Dr. Seuss's birthday is on Monday so we thought we'd make it a FUNday. Stories and activities on Monday will be Seuss themed. Drop off and pick up are at the Bayside Activity Center. Registration is limited so sign up today! Morning snack will be provided on both days. Minimum: 10, Maximum: 15.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Bayside Activity Center

3/2 & 3/3 M&T 8:30-12:30 p.m. \$90(R)/\$100(NR)

## PRESCHOOL PROM

**Ages 3 - 5**

This prom is going to be ELECTRIC so BOOGIE on over to the dance floor as we TWIST the hits. Don't be CHICKEN, just DANCE and have a blast. A photo booth, refreshments and plenty of great tunes will keep you and your little one dancing the night away. Why would you miss a celebration this awesome!? CONGA on over to our website to RSVP. An emailed picture of you and your little prom date will be sent after the event. Minimum: 15, Maximum: 25.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Union Memorial School, Cafeteria

3/13 FRI 6:30-8:30 p.m. \$30(R)/\$40(NR)

## LITTLE PROFESSORS

**Ages 3 - 5**

The Bayside Activity Center will be our laboratory as we experiment our way through the morning. Be prepared for experiments like fizzy ice, dancing popcorn and shaving cream clouds as we use household items to make scientific discoveries! Be like a proton and stay positive in this fun and very interactive science program. Minimum: 8, Maximum: 12.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Bayside Activity Center

4/4 SAT 8:30-9:45 a.m. \$15(R)/\$25(NR)

## SPRING SCAVENGER HUNT

#20006

**Ages 3 - 5**

Spring has sprung and the snow has melted away (hopefully). It's time to get outdoors for some fresh air and exploration. Join us at Village Park for a guided scavenger hunt on (and off) the trail as we walk and discover the wonders of the woods. All participants should come dressed for the weather and be ready for an adventure. Scavenger Hunt check lists and nature collection bags will be provided for our kiddo and parent pairs. We will walk the nearly 1 mile loop, ducking into the woods often to complete our check lists. At the completion of our walk, we will look over all the awesome items we collected. Minimum: 8, Maximum: 12.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Colchester Village Park

5/16 SAT 9:00-10:30 a.m. \$20(R)/\$30(NR)

# PRESCHOOL

## START SMART SOCCER

Ages 3 - 5

This program introduces children to soccer without the threat of competition or the fear of getting hurt. Each practice is fully interactive as kids learn soccer skills like kicking, dribbling, trapping and throw ins through silly games and playing with their peers and parents. We ask that parents engage with us during many of our games and activities. Siblings/other little ones (not registered) should be supervised by an adult and kept off the playing area during practice. All participants receive two soccer balls, shin guards and cones. Minimum: 12, Maximum: 15.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Malletts Bay School, Gym

3/9-3/25 M&W 6:15-7:00 p.m. \$80(R)/\$90(NR)



## TINY TIKES SPORTS - LEVEL II

Ages 4 - 5

Tiny Tikes Sports - Level II is a continuation of our preschool focused Start Smart programs. Each lesson will continue to grow our basic game skills, as well as introduce competition and real game play. Silly games and activities will keep your little one laughing and learning as they engage with their peers and parents and truly begin to LOVE the game. **Prerequisite: Start Smart of the sport registering for.** Minimum: 8, Maximum: 12.

**Instructor:** Colchester Parks & Recreation Staff

**Location: Basketball:** Union Memorial, Cafeteria

**Soccer:** Colchester Middle School, T: Cafe, TH: Gym

### BASKETBALL - LEVEL II

A: 2/3&2/6 M&TH 6:15-7:00 p.m. \$52(R)/\$62(NR)  
2/11-2/20 T&TH

### SOCCER - LEVEL II

B: 3/31-4/28 T&TH 6:15-7:00 p.m. \$52(R)/\$62(NR)  
(Skip: 4/7, 4/21 & 4/23)

## START SMART BASKETBALL

Ages 3 - 5

Start Smart Basketball is an introductory basketball program that introduces children to basketball in a fun and non-competitive environment that is interactive and engaging. Participants will learn through fun activities and games that encourage listening and cooperation as well as practicing basketball related skills like dribbling, shooting and passing. Children will receive two basketballs and cones. Parents are asked to be present at all practices and participate when needed. Minimum: 12, Maximum: 15.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Union Memorial School, Cafeteria

1/14-1/30 T&TH 6:15-7:00 p.m. \$80(R)/\$90(NR)

## START SMART BASEBALL

Ages 3 - 5

Start Smart Baseball is a developmentally appropriate introductory baseball program that prepares children for organized tee ball, baseball or softball in a fun, non-threatening environment. Participants will learn the game of baseball through fun, active and silly games and will have plenty of opportunity to engage with peers and parents. Skills like throwing, catching, batting and running will be taught over the course of 6 practices. Participants will receive equipment from Franklin Sports including a bat, ball and glove. Minimum: 8, Maximum: 12.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Bayside Park, Pavilion

5/12-5/28 T&TH 6:15-7:00 p.m. \$80(R)/\$90(NR)







## A.C.E.

*(Active, Creative, Enrichment) Before & After School Program*

*Colchester Middle School (After School Only)  
Porters Point School (After School Only)*

*Malletts Bay School (Before & After School)  
Union Memorial School (After School Only)*

*Call Colchester Parks & Recreation for current availability*

### The Program

The A.C.E. program incorporates Active, Creative and Enrichment components throughout the school year. The Active components will focus on sports, recreational games, outdoor games and lifetime skills activities. The Creative components will focus on food fundamentals, arts and crafts and quiet activities. We will incorporate guest presenters to achieve the Enrichment component of the program.

**Registration for the  
2020 - 2021 School Year will be on  
Monday, March 23, 2020.  
Further information and  
Registration Form will be in the  
Summer 2020 Brochure in early March.**

For more information or to get a registration packet contact Jennifer Turmel, Program Director for the Colchester Parks & Recreation Department at 264-5643 or e-mail [jturmel@colchestervt.gov](mailto:jturmel@colchestervt.gov)

### KOREAN LANGUAGE & CULTURE

**Grades 3 - 5**

This elementary Korean course is designed to introduce Korean language and culture! Students will learn to communicate practical expressions such as greetings, introducing themselves, family and numbers. In addition, students will experience Korean culture through food and music.  
Minimum: 6, Maximum: 14.

**Instructor:** Cindy Rancourt, Green Mountain Korean School

**Location:** Malletts Bay School, Room TBD

**1/16-2/20 TH 3:05-4:30 p.m. \$80(R)/\$90(NR)**

### FROSTY FUN ARTS & CRAFTS SERIES

**Grades K - 2**

Looking for some arts and crafts frosty fun on a snowy day? Come chill out and have snow much fun with friends creating winter themed arts, crafts and tasty treats during this series. Participants will make snowman treats, snow dough, magic snow, and more! Each week, participants will make crafts and treats that are snow adorable they will get a taste of winter while using their creativity to discover their artistic abilities. Minimum: 8, Maximum: 12.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Session A: Porters Point School, Art Room  
Session B: Union Memorial School, Art Room

**A: 1/27-2/10 MON 2:45-4:15 p.m. \$43(R)/\$53(NR) PPS**  
**B: 1/29-2/19 WED 3:00-4:30 p.m. \$43(R)/\$53(NR) UMS**  
(Skip: 2/5)

### SAFE @ HOME ALONE TRAINING

**Grades 3 - 5**

Safe@Home is a program designed for students to prepare them to be safe when they are home alone. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. Participants can bring a snack/drink to this program. Participants will also receive a Home Alone Safety Booklet they get to take home with them!  
Minimum: 8, Maximum: 16.

**Instructor:** Certified Safe Life Instructor

**Location:** Malletts Bay School, Room TBD

**2/5 WED Dismissal-4:00 p.m. \$35(R)/\$45(NR)**

### FRIDAY NIGHT FRIENDZIES

**Grades 2 - 5**

Welcome to our NEW Friday Night Friendzie events, where participants will come with their friends to Malletts Bay School and take part in facilitated sport games in the gym, arts/crafts and card/board games in the cafeteria and pizza! Participants will have fun getting their creative and physical energy out when they first arrive, followed by a movie on the projector screen in the MBS Cafeteria before parent pick up. Minimum: 15, Maximum: 40.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Malletts Bay School, Gym & Cafeteria

**A: 2/14 FRI 6:15-8:45 p.m. \$23(R)/\$33(NR)**  
**B: 3/27 FRI 6:15-8:45 p.m. \$23(R)/\$33(NR)**  
**C: 4/10 FRI 6:15-8:45 p.m. \$23(R)/\$33(NR)**

## CRAFT KNITTERS & CRITTERS

Grades 3 - 5

Have fun knitting & sewing some cute, cuddly and colorful stuffed animals, cellphone cases, bags, hats, socks, stress or sport balls and hackie sacks. All materials provided such as buttons, fabric, fiberfill, pompoms, fringe and accessories. Have fun with your friends using your imagination to create a special item and memories! Chris Heavner is a local instructor with 20+ years of experience.

Minimum: 4, Maximum: 10.

**Instructor:** Christine Heavner,  
The Traveling Knitter

**Location:** Malletts Bay School, Room TBD

1/23-2/13 TH 3:05-4:30 p.m. \$40(R)/\$50(NR)

## LEGO STOP MOTION WITH LCATV

Grades 3 - 5

Learn how to create your own stop motion animation using Lego-type building blocks. Work in small groups to build your scenery and characters; then bring your creations to life using cameras and editing software. Minimum: 4, Maximum: 6.

**Instructor:** Stephanie Soules, LCATV Staff

**Location:** Malletts Bay School, Art Room

3/9-3/13 M-F 3:05-4:15 p.m. \$48(R)/\$58(NR)

## INTRO TO GUITAR & BASS GUITAR

Grades 3 - 5

Come learn the basics of playing guitar and bass guitar with a private instructor. Absolute beginners are welcome! Fundamental technique, songs, scales and more will be covered in a fun, interactive group setting. Guitars will be available for use during this program, but if you have your own acoustic or bass guitar/amp, please feel free to bring it with you. Burlington Music Dojo is donating guitars for this program and is based out of Burlington focused on music celebration and highly experienced private instruction. The instructor, Aram Bedrosian, has been showcased on Bass Player Magazine, has numerous international endorsements, 23k YouTube followers, and is an instructor at Johnson State College. Minimum: 4, Maximum: 10.

**Instructor:** Aram Bedrosian, Burlington Music Dojo

**Location:** Malletts Bay School, Room TBD

3/9-4/13 MON 3:05-4:30 p.m. \$82(R)/\$92(NR)

## 1/2 DAY PROGRAMS

Grades K - 5

Trying to figure out what you are doing with your children for the upcoming half days? Look no further! Don't worry about scrambling to find somewhere for your kids to go, keep them at the school with Parks & Recreation. There will be games, activities, crafts and much more. Participants need to bring a snack and drink for each day. Also appropriate clothing for outside. **A.C.E. families cannot register online, they must call in to the Rec. department to receive the discounted price.** These programs are not licensed through DCF therefore subsidy cannot be used.

Maximum: 45 (PPS,UMS), 60 (MBS).

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Cafeteria/Gym of corresponding school

A: 2/5 WED Dismissal-5:30 p.m. \$20(ACE)/\$35(R) MBS

A1: 2/5 WED Dismissal-5:30 p.m. \$20(ACE)/\$35(R) UMS

A2: 2/5 WED Dismissal-5:30 p.m. \$20(ACE)/\$35(R) PPS

B: 4/8 WED Dismissal-5:30 p.m. \$20(ACE)/\$35(R) MBS

B1: 4/8 WED Dismissal-5:30 p.m. \$20(ACE)/\$35(R) UMS

B2: 4/8 WED Dismissal-5:30 p.m. \$20(ACE)/\$35(R) PPS

## VACATION CAMPS

Grades K - 6



Enjoy a week of fun with your friends and the Colchester Parks & Recreation Department Staff. We will be offering a camp for the whole week of February & April Vacations. There will be games, activities, crafts, movies and much more. Participants need to bring a lunch and snack for each day. *These camps are not*

*licensed through DCF therefore subsidy cannot be used.* Minimum: 25, Maximum: 60.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Malletts Bay School, Cafeteria & Gym

### FEBRUARY

A: 2/24 - 2/28 M-F 7:30 a.m.-5:30 p.m. \$165(R)/\$185(NR)

### APRIL

B: 4/20 - 4/24 M-F 7:30 a.m.-5:30 p.m. \$165(R)/\$185(NR)

### BOTH FEBRUARY & APRIL

C: 2/24 - 2/28 & 4/20 - 4/24 M-F 7:30 a.m.-5:30 p.m.  
\$315(R)/\$360(NR)



## CRANKIN' OUT THE HITS

Grades K - 2 & 3 - 5



Jon Gailmor will meet with participants and guide them through the song-writing process to create a song each week with the kids. The first half of each meeting will focus on lyric-writing and the second half will be putting their lyrics to music and recording a soundtrack. Through collective brainstorming,

the kids will create every lyric and put a tune to their masterpiece; thus, ownership of each week's new song will be totally theirs. Jon will then record the group and individuals singing each song on a CD, which will be shared electronically with every family at the end of the session. Each week's song will be a different style of music and the topic will be of the kids' choosing. Each child will leave with a 6 song soundtrack that they can keep for years to come. *UMS program is 5 weeks, PPS & MBS are 6 weeks.* Minimum: 10, Maximum: 30.

**Instructor:** Jon Gailmor, VT Musician & Performer

**Location:** Session A: Union Memorial, Library  
Session B: Malletts Bay School, Library  
Session C: Porters Point School, Library

**A:** 1/16-2/13 TH 3:00-4:30 p.m. \$75(R)/\$85(NR) UMS  
**B:** 3/5-4/9 TH 3:05-4:30 p.m. \$90(R)/\$100(NR) MBS  
**C:** 3/9-4/13 MON 2:45-4:15 p.m. \$90(R)/\$100(NR) PPS

## MORE THAN MUSIC

Grades K - 2

More Than Music is a high-energy and engaging music and movement class for early development. Each class contains a variety of music and movement based activities designed to explore your child's natural love of music and activate their imaginations, while supporting language, social, emotional, cognitive, and physical development. Your child is welcomed into a playful and nurturing environment where we will sing, play instruments, move to music, and participate in a variety of age-appropriate group activities. Minimum: 5, Maximum: 12.

**Instructor:** Danica Cunningham, Music Blooms Music Therapy

**Location:** Union Memorial School, Room 15

**3/9-4/13 MON 3:00-4:30 p.m. \$90(R)/\$100(NR)**

## BACK TO BASICS READING & MATH

Grades K - 2

This is a wonderful opportunity for your child to learn new ways to improve their basic academic skills and focus. The instructor will use techniques such as cadence, music, beats and rhythms to help improve participant skills in reading and math. The instructor, Mike Audet, the owner of *Back to Basics Reading Clinic* in Underhill, VT, is a certified master tutor with over 20 years experience. Participants welcome to bring a snack and drink to the class.

Minimum: 7, Maximum: 12.

**Instructor:** Mike Audet, Owner of Back to Basics Reading & Master Tutor

**Location:** Union Memorial School, Art Room

**3/9-3/25 M&W 3:00-4:30 p.m. \$72(R)/\$82(NR)**

## SLIME ALL ABOUT IT

Grades K - 2

Slime is one of today's most popular forms of fun. Ooey, gooey, glittery, glow-in-the-dark gak, glop, gloop, SLIME! Don't miss this exciting SLIME series of slime-making fun as we experiment with different ingredients, vibrant colors and funky textures. Slime is also a fun, easy and safe way for kids to learn about chemical and physical changes. Each class, participants will make two different types of slime and be able to take it home with them.

Minimum: 8, Maximum: 12.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Session A: Porters Point School, Art Room  
Session B: Union Memorial School, Art Room

**A:** 3/6-3/27 FRI 2:45-4:15 p.m. \$43(R)/\$53(NR) PPS (Skip: 3/20)

**B:** 4/3-4/17 FRI 3:00-4:30 p.m. \$43(R)/\$53(NR) UMS



## E-SPORTS VIDEO GAMING TOURNEY

Grades 4 - 7

Are you into video gaming and want to see how you match up against the competition? Check out this new E-sports series where you get to compete against your friends in an XBOX 360 gaming tournament. Individuals will be placed on a bracket prior to the tournament, and play in shortened games against their competition. The final round will cap off the event, with all participants watching the finals on the projector screen, while enjoying pizza and snacks! A HUGE THANK YOU to Vermont Gaming Academy in South Burlington for donating the gaming consoles and controllers for this program. Game type/Game year are subject to change based off availability of VGA inventory.

Minimum: 6, Maximum: 12.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Bayside Activity Center

**A: 3/21 SAT 5:30-8:00 p.m. \$36(R)/\$46(NR) NBA**

**B: 4/4 SAT 5:30-8:00 p.m. \$36(R)/\$46(NR) NHL**



## KIDS CODING

Grades 4 - 5 & 6 - 8

A beginner's class in computer coding using Python, a modern programming language used in well-known projects including Google, Mozilla Firefox, One Laptop per Child, the Cern super-collider, the European Space Agency's exo-biology probe to Mars (launch 2020) and many others. The students will learn the basic elements of programming including variables, calculations, loops, control structures, input and output, lists and functions. Iterative improvement and debugging skills will be introduced by example. Minimum: 8, Maximum: 12.

**Instructor:** Gary Coryer, Snow Tiger Digital

**Location:** Session A: Colchester Middle School, TBD  
Session B: Malletts Bay School, Room TBD

**A: 1/16-2/20 TH 2:15-3:45 p.m. \$72(R)/\$82(NR) Gr. 6-8**

**B: 3/10-4/14 TUE 3:05-4:30 p.m. \$72(R)/\$82(NR) Gr. 4-5**

## NATIONAL DEEP DISH PIZZA DAY

Grades 4 - 7

Do you love pizza and want to celebrate the National Deep Dish Pizza Day? Participants will celebrate this National Holiday by creating different types of deep dish pizzas like cheese, pepperoni, meat lovers and veggie. Participants will learn how to make deep dish style pizzas as a group, taste test and even bring remaining pizza home. Each participant will receive their own mini deep dish pizza pan to take home with them with the cost of this program!

Minimum: 8, Maximum: 12.

**Instructor:** Courtney Phelps

**Location:** Bayside Activity Center

**4/5 SUN 2:00-4:00 p.m. \$35(R)/\$45(NR)**

## PICASSO PRODUCTION: TOY STORY 4

Grades K - 2 & 3 - 5

Do you love the Toy Story movie series and want to create your own story through art? This one day after school program will allow artists to create their own coloring master pieces while watching the new Toy Story 4 movie and interacting with friends. Participants will receive their very own Toy Story 4 coloring book to take home and all drawing materials will be supplied. Minimum: 7, Maximum: 14.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Session A: Malletts Bay School, Art Room

Session B: Porters Point School, Art Room

Session C: Union Memorial School, Art Room

**A: 2/7 FRI 3:05-4:30 p.m. \$20(R)/\$30(NR) MBS**

**B: 2/14 FRI 2:45-4:15 p.m. \$20(R)/\$30(NR) PPS**

**C: 2/21 FRI 3:00-4:30 p.m. \$20(R)/\$30(NR) UMS**

## NATIONAL GRILLED CHEESE DAY

Grades 3 - 6

Happy National Grilled Cheese Day! There is a lot of skill that goes into making a perfect grilled cheese like learning cooking timing and how to utilize the best cheeses, breads, additional ingredients and more! During this program, participants will learn how to make the perfect grilled cheese in an elevated form. Minimum: 5, Maximum: 10.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Bayside Activity Center

**4/11 SAT 2:00-4:00 p.m. \$25(R)/\$35(NR)**



## GIRLS' EMPOWERMENT & LEADERSHIP

Grades 3 - 5

In this series, girls will learn the importance of finding confidence and strength within themselves. Through examples and analysis of various successful women, a closer look at the truth behind beauty marketing and media, and exciting self led projects and discussions, girls will learn that they have everything they need to be the "boss" and find their inner confidence. You know what they say, "there is nothing more powerful than a confident and educated woman," and this program will prepare each participant to find that confidence and self value within themselves, while feeling support and growth along this journey. Minimum: 7, Maximum: 12.

**Instructor:** Tavia Godfrey

**Location:** Malletts Bay School, Room TBD

3/4-4/15 WED 3:05-4:30 p.m. \$64(R)/\$74(NR)  
(Skip: 4/8)

## MAY THE 4TH BE WITH YOU: LEGO SERIES

Grades K - 2 & 3 - 5

May the 4th be with you as we enjoy an afternoon watching the Star Wars Lego DVD "The Emperor Strikes Out" while making LEGO Star Wars 20th Anniversary Edition Anakin's Podracer Lego Kit! This reinterpretation of the original 7131 model released in 1999 features big engines, extending flaps, space to fit the young Anakin minifigure in the cockpit and a play handle that lets kids play out endless Star Wars: The Phantom Menace races around the living room! This LEGO Star Wars kit also includes a Padmé Amidala minifigure plus a bonus Luke Skywalker minifigure and display stand with 20th anniversary logo to celebrate this milestone in the LEGO Star Wars saga. All participants purchase and take home their own Lego kits! Lego kits subject to change based off of availability, but the kits will be Star Wars themed. **REGISTRATION DEADLINE: 4/20.** Minimum: 7, Maximum: 14.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Session A: Malletts Bay School, Art Room

Session B: Porters Point School, Art Room

Session C: Union Memorial School, Art Room

A: 5/4 MON 3:05-4:30 p.m. \$30(R)/\$40(NR) MBS  
B: 5/6 WED 2:45-4:15 p.m. \$30(R)/\$40(NR) PPS  
C: 5/11 MON 3:00-4:30 p.m. \$30(R)/\$40(NR) UMS

## GIRLS' LACROSSE CLINIC WITH UVM

Grades K - 8

The clinic will be focused on the development of women's lacrosse fundamentals. Players will go through a series of stations led by current UVM players and coaches covering an array of skills including individual stickwork, groundballs, shooting, and defensive footwork/positioning. From there, players will build up into smaller drills and scrimmage style games encouraging the importance of team play and strategy. All skill levels are welcome! Female loaner sticks will be available if needed. Female safety goggles/eyewear and mouthguards are needed to participate. Minimum: 12, Maximum: 60.

**Instructor:** UVM Women's Lacrosse Coaches & Players

**Location:** UVM Patrick Gym, Indoor Turf

A: 1/25 SAT 12:30-2:00 p.m. \$20(R)/\$30(NR)  
B: 3/24 TUE 3:00-4:00 p.m. \$15(R)/\$25(NR)

## GIRLS' SOFTBALL WITH SMC

Grades 2 - 8

Come join the St. Michaels College Varsity Softball players and coaches for these one day defensive/offensive clinics at St. Michaels College Athletic Field House. Participants will be able to meet and greet with SMC student athletes, as well as participate in a defensive and offensive clinic activities such as stretching, warm ups, basic throwing mechanics, skill based drills, situational defense/offense drills, executing tag plays, bunting, approaches at the plate, slap hitting, batting cage, live batting practice and games. Activities will be adjusted to fit the needs and skill levels of the players. Please wear athletic wear, bring desired equipment (optional), glove, sneakers and a water bottle.

Minimum: 20, Maximum: 45.

**Instructor:** St. Michael's College Women's Softball Coaches & Players

**Location:** St. Michael's Athletic Field House,  
132 Campus Rd, Colchester

### DEFENSE

A: 2/23 SUN 9:30-11:30 p.m. \$30(R)/\$40(NR)

### OFFENSE

B: 3/1 SUN 9:30-11:30 p.m. \$30(R)/\$40(NR)

### BOTH CLINICS

C: 2/23 & 3/1 SUN 9:30-11:30 p.m. \$50(R)/\$70(NR)



## FEBRUARY BREAK BASKETBALL CAMP

Grades 2 - 8

Need a place for your kids during Spring Break? This successful February Break Basketball Clinic, led by Program Coordinator Isaac Spivey, will focus on basketball fundamentals including dribbling, passing, shooting, rebounding and defensive play. Each player will receive instruction and personal attention in learning basic skills while being encouraged to learn at his/her own pace. Clinic games will be played daily for enjoyment and to develop team play. Players need to bring a water bottle & wear sneakers. All levels welcome. Minimum: 10, Maximum: 40.

**Instructor:** Colchester Parks & Recreation Staff  
**Location:** Colchester Middle School, Gym

2/24-2/28 M-F 8:30-12:00 p.m. \$100(R)/\$120(NR)

*If your child is registered for both the Basketball Camp and the CrossFit Camp, a staff member will be with participants during the 12:00-12:30 pm time slot. Participants will need to bring a lunch.*

## CROSSFIT FEBRUARY VACATION CAMP

Grades 3 - 7

The CrossFit Kids February Vacation Camp has a goal of forging broad, general and inclusive fitness knowledge at an early age. Camp is exciting, fun, full of challenges and surprises each day. Kids will explore different physical activities that will test their coordination, improve their balance, increase their endurance and show them fitness is FUN! Minimum: 10, Maximum: 25.

**Instructor:** Mountain Trail CrossFit Trainers  
**Location:** Colchester Middle School, Gym

2/24-2/28 M-F 12:30-4:00 p.m. \$100(R)/\$120(NR)

## KIDS' AFTERNOON CROSSFIT

Grades 1 - 5

Mountain Trail CrossFit will be offering an opportunity for parents or caregivers to give themselves a moment away from everyday life. Kids will play games, partake in kid approved CrossFit workouts, be fed pizza during the program and watch a movie/videos under the supervision of the Mountain Trail CrossFit staff. Participants should bring a water bottle, sneakers and comfortable workout clothing. Minimum: 10, Maximum: 30.

**Instructor:** Mountain Trail CrossFit Staff

**Location:** Mountain Trail Crossfit, 113 Acorn Lane

A: 1/18	SAT	2:00-6:00 p.m.	\$38(R)/\$48(NR)
B: 2/15	SAT	2:00-6:00 p.m.	\$38(R)/\$48(NR)
C: 3/21	SAT	2:00-6:00 p.m.	\$38(R)/\$48(NR)
D: 4/18	SAT	2:00-6:00 p.m.	\$38(R)/\$48(NR)

## INTRO TO GYMNASTICS & MOVEMENT

Ages 5 - 6 & 7 - 8

Ready for some cartwheels and handstands? Learn the basics of gymnastics and movement in this introduction to the sport. We'll stretch and back bend, leap and chasse', and try our skills on the foam beam! Get stronger and more flexible each week! (Parents may drop-off or stay in adjacent BAC room.) Minimum: 5, Maximum: 8.

**Instructor:** Karen Krajacic, Gymnastics Instructor  
**Location:** Bayside Activity Center

A: 1/19-3/15	SUN	2:00-2:45 p.m.	\$59(R)/\$69(NR) 5-6
(Skip: 2/2, 2/23 & 3/1)			
B: 1/19-3/15	SUN	3:00-3:45 p.m.	\$59(R)/\$69(NR) 7-8
(Skip: 2/2, 2/23 & 3/1)			

## STUDIO 3 AFTER SCHOOL DANCE

Grades K - 2 & 3 - 5

Are you interested in dance and want to see if it is a passion of yours for a discounted price? This three week program will introduce participants to the skills of dance and its many forms. Participants will partake in Hip Hop, Jazz, Tap and basic tumble skills. Participants can bring a snack and a water bottle to class. Minimum: 10, Maximum: 20.

**Instructor:** Studio 3 Dance Instructor

**Location:** Session A: Porters Point School, Music Rm  
Session B: Malletts Bay School, Music Rm

A: 1/30-2/13	TH	2:45-4:00 p.m.	\$32(R)/\$42(NR) PPS
B: 3/12-3/26	TH	3:05-4:15 p.m.	\$32(R)/\$42(NR) MBS



## SNOWSHOES & SNOWMAN ADVENTURE

**Grades K - 2 & 3 - 5**

Come join this after-school snowshoeing program where participants will get dressed warm for a winter snow exploration outside, while also competing in a snowmen challenge. This program is for the creative mind to wander out in the great outdoors finishing with a cup of hot cocoa to warm up at the end of the long adventure! Minimum: 6, Maximum: 10.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** A: MBS, B: PPS, C: UMS, Room TBA

<b>A: 2/18</b>	<b>TUE</b>	<b>3:05-4:30 p.m.</b>	<b>\$15(R)/\$25(NR)</b>	<b>MBS</b>
<b>B: 2/19</b>	<b>WED</b>	<b>2:45-4:15 p.m.</b>	<b>\$15(R)/\$25(NR)</b>	<b>PPS</b>
<b>C: 2/20</b>	<b>TH</b>	<b>3:00-4:30 p.m.</b>	<b>\$15(R)/\$25(NR)</b>	<b>UMS</b>



## TAEKWONDO AFTERSCHOOL AT PPS

**Grades K - 2**

Taekwondo is a South Korean martial art that focuses on the body and mind connection. Its purpose is to build strong bodies and minds. This program is led by Master Alisa, a pre-licensed mental health counselor, who uses a strength-based approach to help students reach their maximum potential. This 4 week after school introductory program focuses on building confidence, self-control, resiliency, and emotional regulation. It is a great fit for beginners, seasoned athletes, and those interested in cross-training. Our program's values are rooted in community building, diversity, and social justice. This is a great introductory program to try to see if your child develops a passion for this amazing physical and mental focus in martial arts. NO UNIFORM INCLUDED IN THIS PROGRAM.

Minimum: 10, Maximum: 14.

**Instructor:** Damir Alisa, Fusion Taekwondo

**Location:** Porters Point School, Art Room

<b>3/17-4/7</b>	<b>TUE</b>	<b>2:45-4:00 p.m.</b>	<b>\$55(R)/\$65(NR)</b>
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## YOUTH OPEN GYM BASKETBALL

**Grades 1 - 5**

Come join us for our popular Co-ed Youth Open Gym nights. Bring your basketball apparel, a water bottle and your basketball skills as you meet more youth in Colchester. During this program, participants will play in 5 vs 5 format, 3 vs 3 format and also will play in fun basketball games like knockout, around the world, 3 pt. and free throw competition and other fun games. Parents/Families (smaller children) who accompany their child can come in and participate free of charge. One parent or adult guardian must attend with their child each open gym night (Grades 1-3). Drop in participants accepted: \$5 at the door per night per child if space allows. Maximum: 30.

**Facilitator:** Colchester Parks & Recreation Staff

**Location:** Malletts Bay School, Gym

<b>2/20-3/19</b>	<b>TH</b>	<b>6:15-7:45 p.m.</b>	<b>\$15(R)/\$20(NR)</b>
			<b>\$5 Drop in per night</b>

## BASKETBALL CLINIC WITH SMC

**Grades 3 - 8**

This one night clinic with the St. Michaels College Varsity Men's Basketball players and coaches will focus on basketball fundamentals including ball handling, passing, shooting, rebounding and defensive play. Each player will receive instruction and personal attention in learning basic skills while being encouraged to learn at his/her own pace. Clinic games will be played for enjoyment and to develop team play. Players need to bring a water bottle & wear sneakers. Come meet the St. Michaels College Men's Basketball players and coaches and take pictures with them at the end of the clinic! Minimum: 15, Maximum: 40.

**Instructor:** St. Michael's College Men's Basketball Players & Coaches

**Location:** Colchester High School, Gym

<b>4/7</b>	<b>TUE</b>	<b>6:00-8:00 p.m.</b>	<b>\$15(R)/\$25(NR)</b>
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**UPSTANDERS' SELF  
DEFENSE FOR GRADES 3 - 5  
LOCATED ON PAGE 20**

## YOUTH BASEBALL CLINIC

Grades 2 - 8

During this clinic, players will take part in a practice style clinic consisting of stations of hitting, pitching, catching, infield and outfield work with the Varsity players. At the end of the clinic, participants will play in a shortened game. *All players must bring their own glove, water bottle and sneakers/baseball cleats.* Clinic will happen rain or shine. Minimum: 8, Maximum: 40.

**Instructor:** Tom Perry, CHS Baseball & Players

**Location:** Colchester High School, Baseball Field

4/4 SAT 10:00-12:00 p.m. \$20(R)/\$30(NR)

## STUDIO 3 DANCE APRIL VACATION CAMP

Ages 6 - 11

Come enjoy a wonderful week of dance! Learn hip hop, jazz, tap and much more! We will also enjoy lots of outside time doing arts, crafts, nature walks, water balloon fun, obstacle courses and much more! This camp is a ton of fun and the days fly by with great activities that your child will enjoy very much. Bring a lunch, lots of snacks, water, walking shoes and comfy clothes. We will end our fun week on Friday with a pizza party and veggies for lunch provided by the studio with yummy desserts! Minimum: 8, Maximum: 20.

**Instructor:** Studio 3 Dance Instructor

**Location:** Studio 3, Creek Farm Plaza

4/20-4/24 M-F 8:30-4:00 p.m. \$175(R)/\$195(NR)

## AFTERSCHOOL TRACK & FIELD

Grades 3 - 5

This three week program will focus on teaching correct fundamentals, developing skills and helping participants meet other friends who have the same interests. Participants will learn the proper form in high jump, long jump, short and long distance racing events, hurdles, cross country, relay handoffs, relays, group games and more. Participants are welcomed to sign up for the Youth Track program starting in May after a taste of all the fun that Track & Field has to offer. Minimum: 14, Maximum: 40.

**Instructor:** Jessica Cartier, Youth Track Director

**Location:** Colchester High School, Track

4/28-5/12 TUE 3:05-5:00 p.m. \$44(R)/\$54(NR)

## AFTERSCHOOL CROSSFIT

Grades K - 2 & 3 - 5

CrossFit kids is a fun and exciting way for kids to exercise and learn healthy lifestyle habits. The goal of CrossFit kids is to develop and improve general physical fitness in order to prepare kids to be safe in sports and in general. Come try out this one day clinic (UMS & PPS) or the 4 week fitness sport (MBS). Please wear sneakers, comfortable clothing and bring a water bottle.

Minimum: 8, Maximum: 50.

**Instructor:** Erin McCarthy, Mountain Trail Crossfit

**Location:** A: Union Memorial School, Athletic Field

B: Porters Point School, Athletic Field

C: Colchester Middle, Athletic Fields

A: 5/5 TUE 3:00-4:30 p.m. \$9(R)/\$19(NR) UMS

B: 5/6 WED 2:45-4:15 p.m. \$9(R)/\$19(NR) PPS

**MBS: 4 Week Series**

C: 5/13-6/3 WED 3:05-4:30 p.m. \$30(R)/\$40(NR)

## FIELD HOCKEY CLINIC

Grades K - 5

Come play with CHS field hockey players and coaches and take part in skills focused on scrimmages, games, modified rules, basic skills (stick handling, passing, shooting, goal scoring, defense and teamwork) and having fun! Shin guards required. Mouthguards and goggles not required. Loaner sticks are available for participants at a first come first serve basis. Great opportunity to learn a new sport and meet/play with high school players and coaches! Minimum 10. Maximum: 40.

**Instructor:** Katie Comeau, CHS Varsity Field

Hockey Head Coach & Players

**Location:** Colchester Middle School, Fields

5/17 SUN 10:00-12:00 p.m. \$15(R)/\$25(NR)





# YOUTH LACROSSE

## 2020 Youth Lacrosse Season: March 30th - June 14th Registration is OPEN!

**Fee: Early Bird: \$80 (Until March 6) / \$90 (After March 6)**

**U11 Boys Team: Grades 3 & 4: Practices twice a week, Times TBD**

Games held on Saturdays beginning in May, travel is necessary, week day games will also be scheduled

**U11 Girls Team: Grades 3 & 4: Practices twice a week, Times TBD**

Games held on Sundays beginning in May, travel is necessary, week day games will also be scheduled

**U13 Boys Team: Grades 5 & 6: Practices twice a week, Times TBD**

Games held on Saturdays beginning in May, travel is necessary, week day games will also be scheduled

**U13 Girls Team: Grades 5 & 6: Practices twice a week, Times TBD**

Games held on Sundays beginning in May, travel is necessary, week day games will also be scheduled

**U15 Boys Team: Grades 7 & 8: Practices twice a week, Times TBD**

Games held on Saturdays beginning in May, travel is necessary, week day games will also be scheduled

**U15 Girls Team: Grades 7 & 8: Practices twice a week, Times TBD**

Games held on Sundays beginning in May, travel is necessary, week day games will also be scheduled

**Players are required to provide their own equipment which includes a stick and protective gear  
(Boys protective gear: gloves, arm pads, shoulder pads, and helmet)  
(Girls protective gear: goggles and mouth guard)**

### US LACROSSE MEMBERSHIP REQUIRED

Parents of players on U11 - U15 must register for a US Lacrosse membership before your child can play. Please log onto [www.uslacrosse.org](http://www.uslacrosse.org) and click on 'membership' in the top left hand corner to register your child. You must then show us proof of membership by submitting your child's membership number with your registration form to the Parks & Recreation Department.

### U11, U13 & U15 GIRLS LACROSSE

Through a US Lacrosse Grant we provide some loaner sticks. Equipment is first-come, first-served.

### COACHING VOLUNTEERS NEEDED

The lacrosse program continues to grow and the need for volunteers grows along with it. If you are interested in coaching, email Isaac Spivey at [ispivey@colchestervt.gov](mailto:ispivey@colchestervt.gov)

### START SMART LACROSSE

#### Grades K - 1

Start Smart Lacrosse is a developmentally appropriate introductory lacrosse program for children Grades K-1. Start Smart Lacrosse prepares children and their parents for organized lacrosse without the threat of competition or the fear of getting hurt and provides families a cost effective introduction to the sport. Age appropriate equipment from STX® is used in teaching shooting, passing, catching, cradling, stick handling, running and agility. Kids will receive a manual, lacrosse stick, lax ball & 4 cones to keep and be provided instruction and skill development by a lacrosse instructor. If you want to check out this growing sport in Vermont, this is a great way to do it! Minimum: 8, Maximum: 20.

**Instructor:** Colchester Parks & Recreation Staff

**Location:** Bayside Park, Lacrosse Field

5/2-6/13 SAT 9:30-10:15 a.m. \$70(R)/\$80(NR)  
(Skip: 5/23)

### LACROSSE LAUNCH

#### Grade 2

Want to experience the game of lacrosse in a brand new way? Kids will work alongside our coaches while learning the fundamentals of lacrosse. Players will be taught many elements of the game including how to grip a lacrosse stick and how to pass and shoot a lacrosse ball. Soft lacrosse balls will be used. This program is being revamped this season to promote more small games - 3 vs 3 and playing in mini games to enhance skill development and teamwork. Hockey equipment is acceptable. Loaner sticks are available with advance notice. All players receive a Colchester Lacrosse Tee! US Lacrosse Membership not needed for Lacrosse Launch participants. Helmets and gloves (boys), Lacrosse goggles (girls) ARE REQUIRED. Shoulder pads, elbow pads and cleats are optional at this level. Minimum: 10, Maximum: 30.

**Instructor:** Colchester Lacrosse Coaches

**Location:** Bayside Park, Lacrosse Field

5/2-6/13 SAT 8:30-9:30 a.m. \$50(R)/\$60(NR)  
(Skip: 5/23)

# LAX REGISTRATION

*Registration Deadline: March 6, 2020 to receive the early bird fee*

YOUTH LACROSSE

## Participant Information: (one form per player)

Player Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ Grade: \_\_\_\_ Gender: M F  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Primary Guardian Name: \_\_\_\_\_ Home #: \_\_\_\_\_ Cell #: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
Secondary Guardian Name: \_\_\_\_\_ Home #: \_\_\_\_\_ Cell #: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
Emergency Contact #1 (other than guardians): \_\_\_\_\_ Relationship: \_\_\_\_\_ Cell: \_\_\_\_\_  
Emergency Contact #2 (other than guardians): \_\_\_\_\_ Relationship: \_\_\_\_\_ Cell: \_\_\_\_\_  
Allergies: \_\_\_\_\_ Medications: \_\_\_\_\_

## RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT

I hereby release and discharge Colchester Parks & Recreation, its agents, employees, staff members, directors, and officers from any claims, responsibilities or liabilities for injuries or harm incurred as a result of my participation and/or my child's participation as a player or spectator in lacrosse games and practices through Colchester Parks & Recreation.

Signature of Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

## PERMISSION TO TRANSPORT

I give Colchester Parks & Recreation & the Colchester Youth Lacrosse programs permission to have my child transported to UVM Medical Center for emergency medical care. I give permission to transport my child by ambulance with a Colchester Parks & Recreation staff member or volunteer coach to the hospital.

Signature of Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Please check if interested in coaching: \_\_\_\_\_ HEAD \_\_\_\_\_ ASSISTANT \_\_\_\_\_ Name of Volunteer \_\_\_\_\_

## Player Fees: \$ 80 till March 6, \$90 after (circle appropriate division)

### BOYS

U11 BOYS: Grades 3 & 4

U13 BOYS: Grades 5 & 6

U15 BOYS: Grades 7 & 8

### GIRLS

U11 GIRLS: Grades 3 & 4

U13 GIRLS: Grades 5 & 6

U15 GIRLS: Grades 7 & 8

\*All players must provide US Lacrosse Membership Number\*

2020 US LACROSSE #: \_\_\_\_\_

## Payment Information:

Check #: \_\_\_\_\_ Cash: \_\_\_\_\_

Cash or Check Amount: \_\_\_\_\_

Check Policy: \$25.00 service fee for all returned checks

All checks should be made out & mailed to :

Colchester Parks & Recreation,  
781 Blakely Rd, Colchester, VT 05446.

For more information call Parks & Rec: 802-264-5646.

Card Type: \_\_\_\_ VISA \_\_\_\_ MC \_\_\_\_ AMEX \_\_\_\_ DISCOVER

Name on Card: \_\_\_\_\_

Credit Card #: \_\_\_\_\_

3 Digit Code: \_\_\_\_\_ Zip of Card Holder: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Amount to charge: \_\_\_\_\_

Signature of Cardholder: \_\_\_\_\_



## HOW TO MARKET YOUR SKILLS

**Ages 16+**

Whether you're looking to begin a successful career, land a great new position, revamp your resume, improve your job interviewing skills, or just build confidence in yourself, this program will help you develop effective job search techniques and help you get the job you deserve. Topics include conducting research into companies and opportunities which match your achievements and interests, help with building a strong resume which will get interviews, uploading your resume to websites such as Indeed, Glassdoor and Zip Recruiter, leveraging social media tools such as LinkedIn to network with hiring managers and other decision makers, crafting a convincing cover letter to summarize the talents you'll bring to the position, and tips and coaching to build confidence in personal interviews. Participants will complete the program with a marketable resume ready for use for their next job search. Participants should bring writing materials to take notes during the course. Minimum: 7, Maximum: 14.

**Instructor:** Peter Duquette,

Over the Hump Communication

**Location:** Colchester High School, Room 101/103

**1/21-2/11 TUE 6:15-7:45 p.m. \$61(R)/\$71(NR)**

## SAT BOOTCAMP

**Grades 9 - 12**

Are you someone who is taking the upcoming SAT or looking to take the SAT again to improve your score? Want that extra step up on the competition and learn how to master this test to improve your college placement? Now in its thirteenth year, SAT Bootcamp teaches proven strategies for this high-stakes test in a unique four-hour format. Focusing on powerful strategies, the interactive workshop prepares students for both the SAT and PSAT. SAT Bootcamp reduces test anxiety through thorough familiarization and practice with the Reading, Writing and Language, and Math sections, and increases test-taking confidence. Students will also come away with a clear idea of the sections on which they need to focus further study. Enroll early, space is limited! For more information, check [www.satbootcampvt.com](http://www.satbootcampvt.com). Minimum: 15, Maximum: 50.

**Instructor:** Lauren Starkey, SAT Bootcamp

**Location:** Colchester High School, Room 101/103

**3/28 SAT 8:30 a.m.-12:30 p.m. \$182(R)/\$202(NR)**

## MAKE A MOVIE TRAILER WITH LCATV

**Grades 6 - 8**

Create an action packed movie trailer! Exercise your creative skills as you work in a group to come up with a movie storyline then dig into the creative processes of producers, directors and editors as you work together to film the scenes that you will need to create a persuasive trailer that will make people want to see your movie. (Participants will not be filming an entire movie, only scenes to complete a movie trailer and script.) Minimum: 4, Maximum: 8.

**Instructor:** Stephanie Soules, LCATV Staff

**Location:** Colchester Middle School, Room TBD

**1/21-2/18 TUE 2:10-3:45 p.m. \$48(R)/\$58(NR)**

## TEEN OPEN GYM

**Grades 6 - 12**

Bring your basketball apparel, a water bottle and your basketball skills as you meet more teens in Colchester and enjoy a night of fun filled basketball competition. Teams will be formed at the beginning of the program and will play in a 5vs5 format. Drop in participants accepted: \$5 at the door per night. Signing up in advance saves you money, as you only pay for 3 weeks of the 4 week program. Minimum: 6, Maximum: 40.

**Facilitator:** Colchester Parks & Recreation Staff

**Location:** Colchester Middle School, Gym

**2/19-3/18 WED 7:30-9:00 p.m. \$15(R)/\$20(NR)**  
(Skip: 2/26) **\$5 Drop in per night**

## BABYSITTER ACADEMY

**Ages 10 - 15**

The Safe Sitter curriculum includes instruction in babysitting skills and techniques such as: care of choking, CPR, injury prevention and management, behavior management, how to change diapers and babysitting as a business. If you are looking to babysit your siblings, family or make babysitting a business, this is a great class for you and gives you a step up on your competition! Participants must bring a lunch, snack and drinks. Minimum: 10, Maximum: 16.

**Instructor:** Safe Sitter Certified Instructors

**Location:** Bayside Activity Center

**3/20 FRI 9:00 a.m.-3:00 p.m. \$70(R)/\$80(NR)**

# TWEEN/TEEN

## TEEN HEARTSAVER CPR & FIRST AID

**Ages 13 - 17**

Colchester Parks & Recreation will be holding a one day CPR & First Aid Certification. During this course, participants will follow a video-based, instructor-led course that teaches students critical skills needed to respond to and manage an emergency until emergency medical services arrives. This course teaches skills with the AHA's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning of skills. Participants will receive their CPR/FA Certification cards after completing the course. Participants should bring a lunch during this program. Minimum: 6, Maximum: 8.

**Instructor:** AHA Instructor

**Location:** Police Department, Kirker Room

**3/3 TUE 9:00 a.m.-1:30 p.m. \$53(R)/\$63(NR)**

## MAGIC THE GATHERING

**Grades 6 - 12**

Are you looking to learn how to play "Magic: the Gathering"? Or maybe you want to get better at this very popular card game? Come join this "Magic: the Gathering" program with a focus on education, sportsmanship, and fun! We will meet once a week to play, culminating with two Friday Night Magic tournament experiences at the Vermont Gaming Academy. Each participant receives a Magic starter deck to ignite your planeswalker spark and begin your adventures across the Multiverse! Minimum: 8, Maximum: 14.

**Instructor:** Galloway Morris, VT Gaming Academy

**Location:** Tuesdays: Middle School, Cafeteria  
Fridays: VT Gaming Academy

**3/10-4/10 Days and Times Below \$74(R)/\$84(NR)**  
**Weeks 1 - 4: TUE 6:30 - 8:30 p.m. @ CMS, Cafeteria**  
**Weeks 5 - 6: FRI 6:30 - 9:30 p.m. @ VT Gaming**



## TEEN CROSSFIT

**Ages 14+**

Participants will be exposed to all the staple movements expected to be familiar with during group CrossFit classes. This includes an in-depth explanation of each movement, providing scaling and modification options where appropriate and getting everyone prepared to join regular classes. Come check out the Mountain Trail CrossFit gym and meet the staff and get an introduction into the sport of CrossFit! This class is a great opportunity for such a specialized and popular fitness sport with personal CrossFit coaches. Please wear sneakers, comfortable clothing and bring a water bottle. Minimum: 5, Maximum: 12.

**Instructor:** Mountain Trail Crossfit Trainers

**Location:** Mountain Trail Crossfit, 113 Acorn Lane

**4/7-4/30 T&TH 6:00-7:00 p.m. \$125(R)/\$145(NR)**

## UPSTANDERS' SELF DEFENSE

**Grades 3 - 5 & 6 - 8**

This physical and philosophical introduction to martial arts will use fun games and drills to teach students about self-defense and safety. Students will learn how to defend themselves using techniques from Karate, Muay Thai, and other martial arts disciplines while exploring ways to avoid or de-escalate potential confrontations. This program will encourage students to think deeply about these issues and will provide them with the tools to stand up for themselves and others. Program registration fees include the purchase of one pair of adult/youth boxing gloves. Participants should wear loose fitting clothing/comfortable clothes and bring a water bottle and a towel. This program is taught by Dr. Mark Alexander, an experienced martial arts instructor who holds a second-degree blackbelt.

**Registration Deadline: February 25.**

Minimum: 8, Maximum: 20.

**Instructor:** Mark Alexander, 2nd Degree Blackbelt

**Location:** Session A: Middle School, Room TBD  
Session B: Malletts Bay School, Rm TBD

**Grades 6 - 8**

**A: 3/9-4/13 MON 2:15-3:45 p.m. \$71(R)/\$81(NR)**

**Grades 3 - 5**

**B: 3/10-4/14 TUE 3:05-4:30 p.m. \$71(R)/\$81(NR)**



## USE IT TO LOSE IT

**Age 18+**

The RehabGYM is seeking participants for its Use it to LOSE it Program. If you are looking to improve your current health and well-being and weight loss is one of your goals, this class may be for you! With-in this 12-week program, we will focus on improving cardiovascular health, strength, nutritional habits and aide in implementing strategies for stress management. You will undergo weekly weigh-ins and monthly assessments to help track progress along the way. Our program is run in a medically-oriented facility that promotes a welcoming environment giving us the ability to accommodate a wide range of abilities. Registration includes gym membership for the duration of class. For more information or to see if this program is a good fit for you, please call 802-861-0111. Minimum: 4, Maximum: 14.

**Instructor:** Eric Place, ATC &  
Beth Potter, NSCA-CPT

**Location:** Colchester ReHabGYM

**A:** 1/14-4/2 T&TH 7:00-8:00 a.m. \$225(R)/\$255(NR)  
**B:** 1/14-4/2 T&TH 5:30-6:30 p.m. \$225(R)/\$255(NR)

## INTRO TO NIA

**Age 30+**

Nia is a sensory-based movement practice that draws from martial arts, dance arts, and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions, and spirit. The focus is on the joy of movement and feeling good. Nia: Moving to Heal is "Movement as Medicine" and is for anybody seeking a gentler movement practice to compliment and facilitate healing, which is defined by Nia simply as, "I feel better." Students learn how to personalize movement to adapt to their comfort and health needs. Chairs will be available for students to utilize for maximum stability, pleasure, and comfort. Dress comfortably; Nia is danced barefoot for full sensory receptivity, but sneakers are appropriate. Nia is low impact, which means it is easy on your body. Come dance and move to beautiful music! Minimum: 6, Maximum: 10.

**Instructor:** Pat Schiller

**Location:** Bayside Activity Center

**1/30-3/12 TH 9:00-10:00 a.m. \$43(R)/\$53(NR)**  
(Skip: 2/27)

## COED TEAM VOLLEYBALL

**Age 18+**

Connect with other volleyball players to form a regular team for more competitive play. Players should be high-intermediate to advanced in skill, using proper technique and utilizing team strategy. Teams will remain the same each week (per session). Enjoy the structure of a league, with the casual atmosphere of recreational play. Teams must have at least two male and two female players and at least 6 players total; 2 substitutes optional. Please list all team member names when registering. **TIMES SUBJECT TO CHANGE.** Minimum: 2 teams of 6, Maximum: 4 teams of 6.

**Facilitator:** Julie Graeter

**Location:** Colchester Middle School, Gym

**A:** 1/6-3/16 MON 7:30-9:30 p.m. \$180/TEAM  
(Skip: 1/20, 2/24, 3/2)  
**B:** 3/23-5/18 MON 7:30-9:30 p.m. \$180/TEAM  
(Skip: 4/20)



## ADULT WALK-ON BASKETBALL

**Age 18+**

Looking for some basketball play without the structure of a league? Play is recreational with a pick-up game format. For individuals out of high school. Please bring a dark and light colored shirt each time. Sign-in and pay at the gym each night. **TIMES ARE SUBJECT TO CHANGE.** Maximum: 25.

**Facilitator:** Jim Park

**Location:** Colchester Middle School, Gym

**1/2-2/13 TH 8:30-10:00 p.m. \$3 per night**  
**2/20-5/28 TH 7:30-9:30 p.m. \$4 per night**  
(Skip: 2/27 & 4/23)

## HEAVY METAL YOGA

Ages 18+

Do you have tight muscles and need to stretch but not really a Yoga fan? Well this isn't your ordinary Yoga class. We combine light to moderate weights with Yoga postures and a little weight lifting. The weights help with upper body strength and core stability. The moves really heat the muscles to give an incredible stretch. Oh yea, and we jam to heavy metal music! This class is great for anyone that DOES NOT have a lot of flexibility. Minimum: 5, Maximum: 10.

**Instructor:** Colchester Health & Fitness

**Location:** Colchester Health & Fitness, Prim Rd

1/7-2/4 TUE 5:30-6:15 p.m. \$65(R)/\$75(NR)

## HATHA/RESTORATION YOGA

Ages 18+

This gentle, warm and welcoming yoga class will help increase flexibility, strength and endurance. As appropriate, adaptations and modifications will be taught and encouraged to address individual needs. Please bring your own yoga or exercise mat and a beach towel or yoga blanket. Class may include aromatherapy and/or flower essences to help students enhance their practice, deepen their mind/body connection, and simply have fun during this class. Minimum: 4, Maximum: 14.

**Instructor:** Yoga Vermont Instructor

**Location:** Bayside Activity Center

A: 1/15-2/19 WED 9:00-10:00 a.m. \$60(R)/\$70(NR)

B: 3/4-4/8 WED 9:00-10:00 a.m. \$60(R)/\$70(NR)

C: 4/29-6/3 WED 9:00-10:00 a.m. \$60(R)/\$70(NR)

## PICKLEBALL CONDITIONING CLASS

Ages 30+

Pickleball is the fastest growing sport among our active aging population. Like any other sport, it does not go without its fair share of injuries and let's face it, everyone can improve their game. This is an exercise class that will focus on stability, balance and flexibility, with a focus on rotational mobility used in common Pickleball movements. Expect fun, safe drills in a comfortable environment for beginner and intermediate players. Great class to improve your game! Minimum: 5, Maximum: 10.

**Instructor:** Colchester Health & Fitness

**Location:** Colchester Health & Fitness, Prim Road

1/7-1/30 T&TH 10:00-10:45 a.m. \$65(R)/\$75(NR)

## HATHA FLOW YOGA

Age 18+

Hatha yoga incorporates restorative postures, longer holds, and guiding movement with the breath. This class will focus on developing strength, balance and flexibility. All levels welcome from beginner to expert! Bring a yoga mat and wear comfortable clothes that allow you to move easily.

Minimum: 6, Maximum: 12.

**Instructor:** Gabrielle Brooks

**Location:** Bayside Activity Center

A: 1/27-3/16 MON 5:30-6:30 p.m. \$56(R)/\$66(NR)  
(Skip: 2/24 & 3/2)

B: 3/30-5/11 MON 5:30-6:30 p.m. \$56(R)/\$66(NR)  
(Skip: 4/20)



## RUNITY FOR WOMEN

Age 30+

Runity continues to grow a community of runners in Colchester! Join us as we learn to "get FIT to RUN, instead of RUNNING to get FIT!" Runity is a training program designed to help you build up to distance running through total body fitness. You'll be taught specific exercises in a circuit training manner to open tight shoulders and hips, and condition the foot, hip, and core. You will learn to align, breathe, and find your tempo as a runner. If weather allows, we will add a trail run at the new Village Park loop (with notice sent prior). Mary Grunvald is a Physical therapist, charity marathon runner and trained Runity Coach. Bring water, running shoes, and dress for the weather. Minimum: 4, Maximum: 10.

**Instructor:** Mary Grunvald, PT, Runity Coach

**Location:** Bayside Activity Center

4/7-5/19 TUE 6:00-6:55 p.m. \$72(R)/\$82(NR)  
(Skip: 4/21)



**PHOTOGRAPHY BASICS****Age 18+**

Get the most out of your Digital Single Lens Reflex (DSLR) camera, with this course on the fundamental concepts of photography and how to operate your digital camera. The emphasis will be on the practical aspects of achieving the pictures you want, and on fulfilling "... what stories do you have to tell?" through images. This six-week course will include some classroom instruction on basic concepts, fundamental principles and aesthetics, with plenty of hands-on exercises during class. Students are also invited to share photos taken outside of class for critique. *Students must bring their own DSLR, mirrorless, or advanced point & shoot camera to class.* Minimum: 6, Maximum: 10.

**Instructor:** Gerry Davis, MD**Location:** Bayside Activity Center

1/23-3/5 TH 7:00-8:30 p.m. \$97(R)/\$107(NR)  
(Skip: 2/27)

**ABSTRACT PHOTOGRAPHY WORKSHOP****Age 18+**

This is a great workshop for the advanced beginner - intermediate photographer. After a brief introduction into the field of Abstract Photography, we will practice using several

simple setups, which can be safely replicated at home with standard kitchen/household items, to experiment with taking eye-catching macro photos. All participants need to bring their own camera (preferably DSLR) and be familiar with how to adjust manual setting of aperture, ISO and exposure time. Standard lenses (equivalent to a focal length of 50mm or larger) that can focus at close distances are a good basis; macro lenses are preferred. A sturdy tripod will help you achieve better results, if you have one. Some of the experiments use background patterns that can be best generated with a tablet or larger smartphone. Minimum: 5, Maximum: 8.

**Instructor:** Bernhard Wunder**Location:** Bayside Activity Center

3/14 SAT 1:00-3:30 p.m. \$60(R)/\$70(NR)

**MOTION PHOTOGRAPHY WORKSHOP****Age 18+**

Learn about creative use of your camera's shutter speed at this advanced-beginner - intermediate photography workshop. Sharp images taken with very short exposure times are the standard of photography. But with some creativity, surprising results can be achieved with deliberately using longer exposure times. This workshop will demonstrate how to use your camera's shutter speed setting not just to blur and capture motion effects, but also to generate artistic and abstract results. All participants need to bring their own camera (preferably DSLR) and be familiar with how to adjust manual setting of aperture, ISO and exposure time. Standard tele lenses (equivalent to a focal length of 50mm or larger) are sufficient, but zoom lenses will offer even more creative possibilities. A sturdy tripod and/or neutral density filter will help you achieve better results, if you have them (optional). Dress for the weather, as class may go outdoors. Minimum: 5, Maximum: 8.

**Instructor:** Bernhard Wunder**Location:** Bayside Activity Center

4/4 SAT 1:00-3:30 p.m. \$60(R)/\$70(NR)

**BEGINNING SEWING****Ages 18+**

If you've ever wanted to learn how to sew, this is the class for you! This series of eight classes will provide a foundation for making useful garments, gifts, and other items. We'll learn how to use and troubleshoot a sewing machine, as well as hand sewing, choosing and cutting fabrics, different types of seams, and fabric care and suitability for your project. All supplies will be provided, but feel free to bring fabric you may want to work with. If you have a portable sewing machine, please bring it! We'll help you learn how to use it during class. We will make a lined tote bag and potholders during this series, with additional projects possible. Thank you to Burlington Parks, Recreation, and Waterfront for allowing us to borrow sewing machines and other supplies for this class! Minimum: 5, Maximum: 7.

**Instructor:** Terri Agnelli**Location:** Bayside Activity Center

1/21-3/24 TUE 6:00-7:30 p.m. \$116(R)/\$136(NR)  
(Skip: 2/25 & 3/3)

# ADULTS

## UKULELE I

Age 18+

If you have always wanted to learn to play an instrument, the ukulele is a great place to start! Have fun learning the chords and strums you need to play your favorite tunes and gain confidence playing with others. Bring a ukulele and clip-on tuner. Don't have a ukulele? Rent one from the instructor for \$25 for the four-week class (if you love it, your rental fee will count towards purchase). For those with left-hand, baritone, or low-G ukuleles, ability to translate chords for your instrument is needed. Minimum: 5, Maximum: 12.

**Instructor:** Clare Innes

**Location:** Bayside Activity Center

1/21-2/11 TUE 2:30-3:30 p.m. \$60(R)/\$70(NR)

## UKULELE II

Age 18+

If you have a few ukulele chords at your fingertips and want to become a better ukuleliian, this class will help you become more confident playing by yourself and with others. We'll explore more chords, strumming patterns, fingerpicking, and a super-easy music theory tool. Bring a ukulele and clip-on tuner. For those with left-hand, baritone, or low-G ukuleles, ability to translate chords for your instrument is needed. Minimum: 5, Maximum: 12.

**Instructor:** Clare Innes

**Location:** Bayside Activity Center

3/10-3/31 TUE 2:30-3:30 p.m. \$60(R)/\$70(NR)

## ESTATE PLANNING: WILLS VS TRUSTS

Age 18+

Join attorney Lisa Campion of LMC Law in Colchester to learn about how you can transfer and protect your assets in this Estate Planning Educational Seminar. Discussion will include wills, trusts, power of attorney, and living wills, as well as mistakes you should avoid to protect you and your loved ones. This is an educational seminar only; you do not need to bring or share any personal information during class, just come to learn! Minimum: 5, Maximum: 20.

**Instructor:** Lisa Campion, LMC Law

**Location:** Bayside Activity Center

A: 2/19 WED 6:30-7:30 p.m. FREE(R)/\$10(NR)

B: 5/13 WED 6:30-7:30 p.m. FREE(R)/\$10(NR)

## ADVANCED BEGINNER FIDDLE

Age 18+

This class is a great opportunity for fiddlers who have had some experience to broaden their ability and further their technique and speed. Fiddlers should be able to play in the keys of G and D and able to play a handful of tunes at a moderate speed. This class will focus on repertoire and developing skills of playing together. We'll select a variety of tunes and styles of folk traditions to suit the interests of the participants. Minimum: 3, Maximum: 10.

**Instructor:** Sarah Hotchkiss, Woodbury Strings

**Location:** Colchester Middle School, Room 144

1/21-2/11 TUE 7:30-8:30 p.m. \$60(R)/\$70(NR)

## BEGINNER FIDDLE LEVEL I

Age 18+

Participants will be taught how to hold the violin and bow, as well as the basic skills needed to play very simple tunes and scales. No musical experience required! Bring your own violin, or rent one for the month from the Vermont Violin Shop. **RENTALS:** Vermont Violins will offer rentals: \$25/four-week session. Rentals must be requested directly from Vermont Violins at this web address: <http://www.vermontviolins.com/colchester-rental>. Your rental will be at the first class and you will be able to keep it for the four-week session to practice. Minimum: 3, Maximum: 10.

**Instructor:** Sarah Hotchkiss, Woodbury Strings

**Location:** Colchester Middle School, Room 144

3/10-3/31 TUE 7:30-8:30 p.m. \$60(R)/\$70(NR)

## BEGINNER FIDDLE LEVEL II

Age 18+

This class will be a continuation of the Beginner Fiddle class. Those with some prior experience who did not take the first class are also welcome to participate. Participants should know how to play a D scale (or notes on the D and A strings) and be able to manage a simple tune such as "Twinkle, Twinkle Little Star." We'll learn how to play simple fiddle tunes by ear as well as further each player's depth of knowledge about form, ergonomics and about fiddling in general. Minimum: 3, Maximum: 10.

**Instructor:** Sarah Hotchkiss, Woodbury Strings

**Location:** Colchester Middle School, Room 144

5/5-5/26 TUE 7:30-8:30 p.m. \$60(R)/\$70(NR)



## ASK THE FUNERAL DIRECTOR

**Ages 18+**

Have the talk of a lifetime! Funeral Directors from Ready Funeral Home will host this workshop to discuss all of the options people have when planning their funeral, including traditional funeral services, contemporary celebration-of-life services, or even no service at all. We will go over what is required by law when someone passes, and what is personal preference. All participants will receive an informational packet. Many have found these workshops to be informative and helpful in starting a discussion about death and how to plan for the passing of a loved one. There will be plenty of opportunity to ask questions, both in a group setting or in private.

Minimum: 5, Maximum: 20.

**Instructor:** Richard O'Donnell, Ready Funeral Home

**Location:** Bayside Activity Center

**A: 2/12 WED 6:00-7:00 p.m. FREE(R)/\$10(NR)**  
**B: 5/1 FRI 10:00-11:00 a.m. FREE(R)/\$10(NR)**

## FERMENTATION BASICS

**Age 18+**



Lacto-fermented foods are coming back into the social consciousness for their simplicity and probiotic benefits. Learn how you can make your own fermented vegetables and drinks which can be easily personalized

to your tastes. For example: half sours, sauerkraut, kimchi, kombucha, ginger bug, and more! We'll talk about starting small, but with the techniques learned in this course, participants will be able to scale recipes simply with supplies and containers most people already have in their homes. Everyone will leave with at least one jar of food beginning the fermentation process, and with a handout on the basic process, background, and recipes.

Minimum: 4, Maximum: 12.

**Instructor:** Rachel Smith, Pin Up Pickles

**Location:** Bayside Activity Center

**3/22 SUN 1:00-4:00 p.m. \$30(R)/\$40(NR)**

## SUCCULENT TERRARIUM DESIGN

**Age 18+**



Spend a relaxing evening with terrarium designer Susan Goldstein, founder of local startup Muddy Toes Terrariums, as she shares secrets of how she plans, sources, and constructs her leafy creations. Then complete

your apprenticeship by making your own open globe succulent under her watchful eye. All materials (plants, glass receptacles, sand, sea glass, and other accents) are included, as well as tea and cookie refreshments. No previous experience required. Minimum: 8, Maximum: 15.

**Instructor:** Susan Goldstein, Muddy Toes Terrariums

**Location:** Bayside Activity Center

**4/30 TH 6:00-8:00 p.m. \$60(R)/\$70(NR)**

## EFFECTIVE COMMUNICATION W/KIDS

**Age 18+**

Kids won't listen? Change how you talk to them. Join Beth Martell, certified relationship coach and parenting coach, for this inspiring and informative class. Learn the science of human communication from the deep roots of connecting person-to-person to forming a message that can best be heard. This class is for parents, teachers, coaches, and everyone who interacts with children and teens. Learn how to have more effective and peaceful communication with kids of all ages. Take away a mindset and specific steps to start using right away.

Minimum: 4, Maximum: 20.

**Instructor:** Beth Martell, Relationship Coach

**Location:** Bayside Activity Center

**5/3 SUN 1:00-3:00 p.m. \$25(R)/\$35(NR)**



## BATIK & SILK PAINTING

Age 18+

Jen Labie of Leaning Tree Studios returns to the Bayside Activity Center for another one of her popular batik classes! Learn a new art form that dates back to ancient times. Wax resist dyeing of fabric is an art that has been practiced throughout history in African, Middle Eastern, Asian, and Polynesian regions. The art of batik as we know it today was most highly developed on the Indonesian island of Java. In this workshop, we will focus on the fundamentals of batik and silk painting. Participants will learn how to batik by applying wax as a resist to silk pieces, and then paint them to create elegant pieces of art. We will experiment with various techniques using salt and sugar, and then design and create a final piece. Each person will leave with 2 pieces. All materials provided.

Minimum: 5, Maximum: 10.

**Instructor:** Jen Labie, Leaning Tree Studio

**Location:** Bayside Activity Center

3/7 SAT 1:00-4:00 p.m. \$82(R)/\$92(NR)

## SPRING PEBBLE ART WORKSHOP

Age 18+

Are you ready to rock? Join Once Upon A Rock and create a unique art piece! Anyone can be an artist and we'll show you how! Each participant will get to create whatever they'd like, and we'll have samples and pointers to help you get started. Final pieces will be put in a 5x7 shadow box frame. All pebbles and driftwood are found on the shores of Lake Champlain. Dress to get a little dirty. No prior experience needed. Minimum: 7, Maximum: 15.

**Instructor:** Jean Ferguson, Once Upon A Rock

**Location:** Bayside Activity Center

4/15 WED 6:00-8:00 p.m. \$35(R)/\$45(NR)



## THE MOVING BOOK: POP-UP BASICS

Age 18+

If you want to add more magic to your cards and artist books, then give pop-ups a try! Also known as paper engineering, pop-ups use cuts and folds to create motion and energy in paper structures. Through the creation of a series of pop-up cards, you'll learn the basics of three-dimensional construction, including box supports, props, and straddles. You'll then bind these cards into a book, which will become a handy reference for future work. No previous experience is required – this is a great class for a beginner. However, you'll probably feel more comfortable if you have experience using an X-Acto knife. All materials are included in the fee, but feel free to bring materials for use in creating your cards. Several ideas are: Collage materials (paper); photographs; rubber stamps and pads; markers, pens, colored pencils, etc.; decorative scissors/punches. Minimum: 4, Maximum: 12.



**Instructor:** Elissa Campbell, Blue Roof Designs

**Location:** Bayside Activity Center

3/21 SAT 1:00-5:00 p.m. \$68(R)/\$78(NR)

## TASTE OF KOREA

Age 18+

Join Young Shin of the Green Mountain Korean Culture School for a Saturday evening preparing and enjoying delicious Korean cuisine while learning about Korean culture. The menu will include well-known favorites of: Hamul Pajun (seafood scallion pancake), Japchae (mixed vegetable potato starch noodle), and Bulgogi (Korean marinated beef). Participants will enjoy a presentation on Korea's cultural history, and then a hands-on cooking lesson and tasting of each dish. Recipes will also be provided so that you can recreate these appetizers and main dishes at home. Minimum: 7, Maximum: 10.

**Instructor:** Young Shin

**Location:** Bayside Activity Center

3/28 SAT 4:30-7:30 p.m. \$68(R)/\$78(NR)



**FILE MANAGEMENT IN WINDOWS 10****Ages 30+**

Are your files getting lost in the shuffle of items on your screen? Have you downloaded something and now you can't find it? Join Pam Barclay, CHS Technology Director for a hands-on class with patient instruction to learn how to organize your files and folders. We'll talk about how to setup folders and sub-folders, copy, delete, and save files. You'll learn how to quickly retrieve files you have saved and learn how to download files to the folders you have created. There will be plenty of time for questions. Students should bring their own laptop (but if you need to borrow one, let us know prior to class), and should have a working knowledge of basic functions like powering on, connecting to WiFi, searching, and using an Internet browser. **This class is only for users with a Windows 10 computer. Apple/Mac computers, smartphones, and tablets will NOT be taught in this session.** If you are completely new to the Windows 10 operating system, consider signing up for a one-on-one consultation with Pam see page 29. Minimum: 3, Maximum: 6.

**Instructor:** Pam Barclay, CHS IT Department**Location:** Colchester High School, Room 152**2/25 TUE 1:30-2:30 p.m. \$5(R)/\$15(NR)****HEALING HARMONIES****Age 55+**

Join Danica from Music Blooms Music Therapy for this six-week musical immersion class that provides an opportunity for adults to make music. We will learn together, create meaningful moments and share enriching interactions through singing, dancing, and instrument playing. Whether you are an absolute beginner or an experienced musician, this class will be tailored to meet your interests, musical preference, phase of life and lifestyle. Music allows people of all ages to express themselves in a creative way and offers numerous health benefits. Memory recall, reduced stress, pain management, emotional connection, and grief management are just a few of the benefits of using music as medicine. Join us this winter as we revisit songs from throughout the ages in a fun, engaging, and welcoming environment. Minimum: 6, Maximum: 10.

**Instructor:** Danica Cunningham, Music Blooms**Location:** Bayside Activity Center**1/15-2/19 WED 2:30-3:45 p.m. \$82(R)/\$92(NR)****IPHONE 101****Ages 30+**

Are you finding that technology is progressing faster than you can keep up? Are you feeling a little lost every time you turn on your smart phone? Join Pam Barclay, CHS Technology Director for a couple classes of patient instruction to help get you up-to-speed on the latest tech. This workshop is for iPhone and iPad users to ask questions and learn tips and tricks for their device. We'll pay special attention to customizing your home screen and settings, signing up for an Apple ID, downloading apps, utilizing iCloud, and using messaging and email apps. Participants need to bring their own device. **This class is only for users with an iPhone or iPad. Android phones, Google Chromebooks, and Samsung tablets will NOT be taught in this session.** If you are completely new to your iPhone or tablet, consider signing up for a one-on-one consultation with Pam see page 29. Minimum: 3, Maximum: 6.

**Instructor:** Pam Barclay, CHS IT Department**Location:** Colchester High School, Room 152**2/26 WED 1:30-2:30 p.m. \$5(R)/\$15(NR)****UNITED WAY® BONE BUILDERS****Age 55+**

Osteoporosis is often referred to as a 'silent disease' because the first sign is often a bone fracture. The United Way of Northwest Vermont has developed the Bone Builders research-based program to incorporate strength training twice per week to dramatically reduce the risk of fractures due to osteoporosis in adults 55 and over. The goal is to help older adults age successfully through exercising on a regular basis, staying connected to others, and decreasing the risks of osteoporosis, including falls and fractures. Weight training, balance exercises, and nutritional education will all be covered. Come prepared to exercise in clothes that fit comfortably, sturdy shoes, and a water bottle. PRE-REGISTRATION IS REQUIRED. Minimum: 5, Maximum: 15.

**Instructor:** Certified Bone Builders Instructor**Location:** Bayside Activity Center

<b>A: 1/24-3/16</b>	<b>MON&amp;FRI</b>	<b>8:00-9:00 a.m.</b>	<b>FREE</b>
<b>B: 3/30-6/5</b>	<b>MON&amp;FRI</b>	<b>8:00-9:00 a.m.</b>	<b>FREE</b>

# ACTIVE GENERATION

## TAI CHI I - III

Age 55+

This course will cover the Fall Prevention Tai Chi curriculum, with movements for Tai Chi I, II, and III. Tai Chi can increase flexibility, reduce stiffness and inflammation and may improve balance, muscle strength, sleep patterns, lower blood pressure, increase energy and cardiovascular fitness and give you an overall improved sense of well being. Why aren't you doing this already? This course is open to all levels; no prior experience required. Wear loose clothing that is easy to move in, and bring a water bottle. This class is offered in collaboration with Age Well. Minimum: 5, Maximum: 15.

**Instructor:** Fran Tougas, Age Well

**Location:** Porters Point School, Cafeteria

**1/14-4/9 T&TH 6:15-7:00 p.m. FREE**  
(Skip: 2/18, 2/20, 2/25, 2/27, 3/3)

## YOGA FOR EVERY BODY

Age 55+

This class will use chairs and props to help maximize balance and flexibility through yoga asanas. These exercises will also help to build body appreciation and awareness of all you can do. Perfect for those looking to promote good bone health and ease pain associated with arthritis and other chronic conditions through movement and stretching. Dress comfortably, bring a yoga mat, and come and enjoy. Minimum: 6, Maximum: 12.

**Instructor:** Betty Molnar

**Location:** Bayside Activity Center

**A:1/21-2/25 TUE 9:30-10:30 a.m. \$61(R)/\$71(NR)**  
**B:3/10-4/21 TUE 9:30-10:30 a.m. \$61(R)/\$71(NR)**  
(Skip: 3/17)  
**C:4/28-6/2 TUE 9:30-10:30 a.m. \$61(R)/\$71(NR)**

## COLCHESTER COMMUNITY CHORUS

### SPRING CONCERT

FRIDAY, MAY 1, 2020, 7:30 P.M.

COLCHESTER HIGH SCHOOL

PERFORMING ARTS CENTER

CELEBRATING 35 YEARS!

## MEDICARE MADE CLEAR

Age 55+

Confused by Medicare? We'll help you learn the basics. You're invited to a Medicare Made Clear™ educational seminar. Join us to learn all about your Medicare choices. We'll also share tools and resources to help you understand the coverage that may be right for you, including a free educational guide. Whether you're just getting started with Medicare or simply looking to learn more, we're here to help. Brought to you by UnitedHealthcare®. Caregivers of all ages welcome! Maximum: 20.

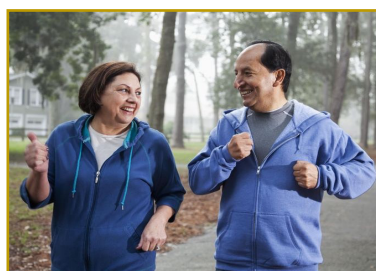
**Instructor:** Susan More, Benefit Solutions LLC

**Location:** Bayside Activity Center

**A: 3/4 WED 6:00-8:00 p.m. FREE**  
**B: 5/9 SAT 9:00-11:00 a.m. FREE**

## WALK WITH EASE

Age 30+



This six-week program is developed by the Arthritis Foundation to help those with arthritis and chronic pain to find relief through walking and regular exercise. Participants will learn about basic

stretches and the 5-Step Walking Process to reduce pain, build balance, and increase walking pace. The class is open to all, even those without arthritis. Each participant will receive a Guide Book with further info, resources, and walking diary. Class schedule is instructor-led two times per week, and then one day of walking on your own or as a group.

**\*\* If you have taken Walk with Ease before and would like to join in for walking with the group, use A1 when registering. Does not include Guide Book or lecturettes. Minimum: 6, Maximum: 15.**

**Instructor:** Certified Walk with Ease Instructor

**Location:** Bayside Activity Center

### NEW TO PROGRAM (meets 2x per week)

**A: 5/4-6/10 MON 10:00-11:00 a.m. \$30(R)/\$40(NR)**  
**WED 10:30-11:30 a.m.**

### RETURNING PARTICIPANT (meets 2x per week)

**A1: 5/4-6/10 MON 10:00-11:00 a.m. \$10(R)/\$20(NR)**  
**WED 10:30-11:30 a.m.**

# ACTIVE GENERATION

## AVOIDING FOOD-DRUG INTERACTIONS

Age 55+

Prescription drug interactions may make your medication less effective, cause unexpected side effects, or increase the action of a particular drug. Learn how you can reduce the risk of potentially harmful drug interactions, especially food-drug interactions, with Brigitte Harton, Age Well consultant dietitian. Minimum: 6, Maximum: 12.

**Instructor:** Brigitte Harton, Dietitian

**Location:** Bayside Activity Center

3/3 TUE 2:00-3:00 p.m. FREE

## TAI CHI - YANG 24 STYLE

Age 55+

Yang 24 is the most popular Tai Chi form practiced today. Tai Chi carries many benefits: participants will enjoy improved strength, flexibility, and well-being while they practice a flowing series of graceful movements, bringing awareness of body and mind. Pre-registration is required. Brought to you in collaboration with Age Well. Maximum: 14.

**Instructor:** Vivian Levy, Age Well Instructor

**Location:** Bayside Activity Center

3/5-5/28 TUE&TH 1:15-2:00 p.m. FREE

## AARP SMART DRIVER

Age 55+

This course covers defensive driving techniques and the normal changes in vision, hearing and reaction time associated with aging. Participants learn about how to operate their vehicles more safely in today's driving environment. Topics include: maintaining proper following distances, minimizing the effect of dangerous blind spots, limiting driver distractions, properly using all car features, the effects of medications on driving, and more. This course also reviews current national and VT traffic laws and their impact upon older drivers. If you are an AARP member, please provide your membership number with your registration. Minimum: 5, Maximum: 20.

**Instructor:** Richard Smiles, AARP Volunteer

**Location:** Bayside Activity Center

A: 4/6 MON 12:00-4:30 p.m. \$15 (AARP Member)  
A1: 4/6 MON 12:00-4:30 p.m. \$20 (Non-Member)

## I.T. CONSULTATIONS

Age 55+

Do you have a new computer, tablet, or smart-phone that has you completely confused? Whether you're trying to use your device to email friends and family, browse the internet, save digital pictures, or get your files and documents organized, these half-hour, one-on-one consultations will provide the perfect stepping stone for learning to use your device. CHS I.T. Director Pam Barclay has generously volunteered her time to work with adults that need a little help with their new technology. These consultations are a great place to start before taking an "Exploring the Digital World" class. Your contact info will be shared with Pam, who will contact you to setup a meeting. **Participants must have their own device.**

Minimum: 1, Maximum: 5.

**Instructor:** Pam Barclay, CHS I.T. Director

**Location:** TBD

Dates & times arranged with instructor FREE

## ACTIVE AGING

Age 55+



Are you 55+ and looking to improve or maintain your fitness level? Are you concerned about exercising safely due to health conditions like arthritis or chronic pain? If so,

this low-impact class is for you! Taught by an experienced certified personal trainer and functional strength coach, you will learn how to move better, get stronger, improve your balance and coordination, and gain confidence in a comfortable no-pressure setting. This class series will offer a total body workout with progressions from week one to week six as strength, mobility and function progress. For more information please call The RehabGYM at 802-861-0111. Minimum: 4, Maximum: 10.

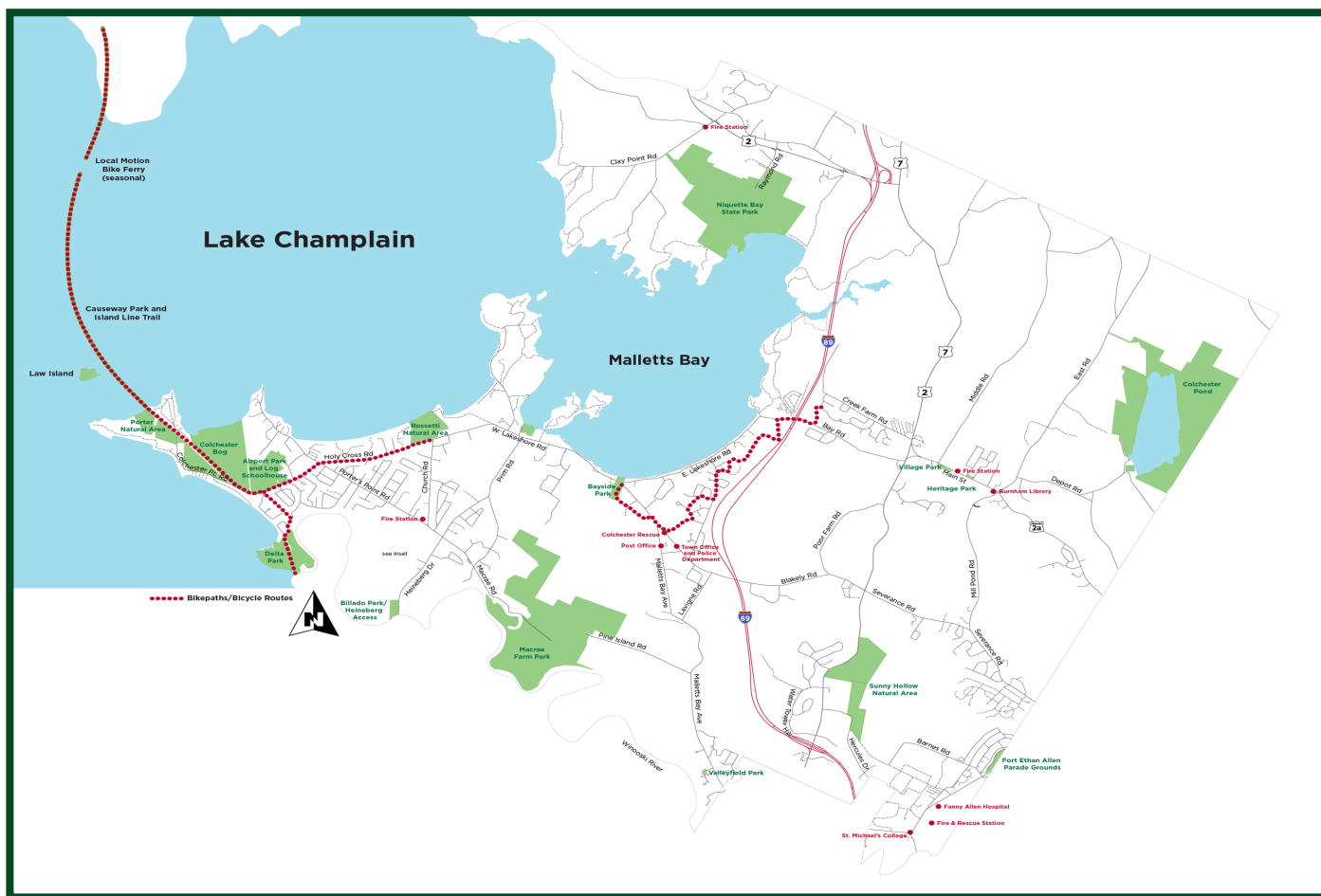
**Instructor:** Beth Potter, NSCA-CPT

**Location:** Bayside Activity Center

A: 1/16-2/20 TH 11:00-12:00 p.m. \$60(R)/\$70(NR)  
B: 3/5-4/9 TH 11:00-12:00 p.m. \$60(R)/\$70(NR)



# COLCHESTER PARKS



**AIRPORT PARK:** 500 Colchester Pt. Road, 64.5-acres. 1.3 mile jogging/x-country ski trail, parking, restrooms, picnic area, pavilion, playground, 4 ball fields, 2 soccer fields, 2 sand volleyball courts, 2 tennis courts, 1 basketball court, and lighted ice skating in the winter.

**BAYSIDE PARK:** 2 West Lakeshore Drive, 22-acres including parking, restrooms, bathhouse (beachside), picnic area, pavilion, playground, swimming beach, Bayside Activity Center, 2 shuffle board courts, 4 tennis courts, 1 basketball court, 2 sand volleyball courts, 1 football/lacrosse field, 1 lighted softball field, and a skatepark.

**BONANZA PARK:** Bonanza Drive, .6-acre neighborhood park with limited playground and all-purpose field.

**CAUSEWAY PARK & RECREATION PATH:** Mills Point Road, 4-mile path connects to original Rutland Railroad bed and causeway across the lake (constructed during 1897-1900). Renovated gravel path suitable for walking, biking, and fishing access. Duck hunting allowed (in season). Park at Airport Park or in the Mills Point Road lot. **CURRENTLY CLOSED UNTIL SPRING/SUMMER OF 2020 FOR REPAIRS.**

**HEINEBERG ACCESS/BILLADO PARK:** Heineberg Drive, 4-acres, Town and State access to Winooski River.

**FORT ETHAN ALLEN PARADE GROUNDS:** Dalton Drive, 19-acres, owned mutually with the Town of Essex. Playground, tennis courts, 2 soccer fields, cricket, rugby, gazebo, walking trail.

**HERITAGE PARK:** Heritage Drive, 1-acre, parking, playground, tennis court, basketball court.

**LAW ISLAND:** West of Causeway off Colchester Point, 8.5-acres owned by the State of VT and managed by the Town of Colchester. Camping permitted, duck hunting allowed (in season), compost bathroom available.

**PORTER NATURAL AREA:** Mills Point Rd. 56-acre natural area.

**ROSSETTI NATURAL AREA:** Holy Cross Road, 47-acres of natural area conserving wetland, woods and sand beach.

**SUNNY HOLLOW NATURAL AREA:** Hercules Drive, 80-acre diverse area, 3 miles of walking, mountain biking and x-country trails, limited parking.

**VALLEYFIELD PARK:** Valleyfield Drive, .65-acre neighborhood park with limited playground and all-purpose field.

**VILLAGE PARK:** Behind Colchester Water District Building, Main Street. 66-acres, primitive park with a trail network that is just under a mile.

# 2020 REGISTRATION FORM

One form can be used  
for all family members  
that live in the same  
household.

Participant's Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Parent's Last Name (if participant under 18): \_\_\_\_\_ First Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Cell Provider (for text updates - optional): \_\_\_\_\_

Emergency Contact (other than parent): \_\_\_\_\_ Relationship: \_\_\_\_\_ Telephone: \_\_\_\_\_

Please list any special needs which will require accommodation for participation: \_\_\_\_\_

Please list any allergies (food, insect, plant, or medications): \_\_\_\_\_

PARTICIPANT NAME	GENDER	DOB M/D/Y	PROGRAM NAME	SESSION LETTER (A/B/C) (if applicable)	CLASS FEE
Total Amount Due:					\$

## PAYMENT METHOD (CHECK ONE):

☐ Check (payable to Colchester Parks & Recreation)    ☐ Cash    ☐ Credit Card (Visa, Mastercard, American Express, Discover Accepted)

Credit Card #: \_\_\_\_\_ Exp: \_\_\_\_\_ 3 Digit Code: \_\_\_\_\_ Zip of Cardholder: \_\_\_\_\_

Registrations can be made as soon as you receive this brochure. Participants may continue to register for programs until they are full. We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics. Classes that do not have the minimum number of registrations may be cancelled. Registrants will be notified by mail or phone and will receive a full refund. Refunds will not be given once a class begins, and are available up to 10 business days prior to the start of the program. A \$6.00 administrative fee will be charged when a refund is requested. By participating in the Town of Colchester Recreation programs, participants may be photographed for future publicity or recognition of events. By signing up for the programs you willingly signed a waiver that grants the Colchester Recreation Department permission to use your photograph to promote their programs. Pictures taken in specific programs may be used for up to 10 years. Non residents may register for any program offered, on a space available basis, beginning on January 3rd.

## Town of Colchester Release and Indemnity Agreement

Whereas, the undersigned has requested the use of services, equipment, or facilities belonging to or under the auspices of the Town of Colchester, Vermont, and to engage in activities for the executive benefit of the undersigned; and Whereas, the Town of Colchester does not wish to be liable for any damages arising from personal injury or property damage sustained thereby:

Now therefore, in consideration of the mutual promises and other good and valuable consideration, the undersigned does hereby for themselves, their heirs, executor, employers, successors or administrators, and personal representatives;

A. Assume full responsibility for any personal injury or any damage to his/her personal property which may occur directly or indirectly in the course of participating in rec. activities B. Fully and forever release and discharge the Town of Colchester, its agents, officials, and employees, from any and all claims, demands, damages, rights or action, or causes of action, present or future, whether the same be known, an anticipated or unanticipated, resulting from or arising out of the above described activity. C. Agree that it is the intent of the undersigned that this release and indemnity agreement shall be in full force & effect any time after the execution hereof.

Name of Participant: \_\_\_\_\_

Signature (of parent or guardian under 18): \_\_\_\_\_

Date of Signature: \_\_\_\_\_



**COLCHESTER PARKS & RECREATION DEPARTMENT**  
**781 BLAKELY ROAD**  
**COLCHESTER, VT 05446**

**PRSRT STD**  
**U.S. Postage**  
**PAID**  
**Permit No. 256**  
**Burlington, VT 05401**

**ECRWSS/EDDM**  
**CARRIER ROUTE PRESORT**  
**POSTAL CUSTOMER**

**FOUR SIMPLE WAYS TO REGISTER...**

<p>► <b>Online</b> Log onto <a href="http://colchestervt.gov/Recreation">colchestervt.gov/Recreation</a> and register for classes! Major credit card and family sign in/ password will be needed</p>	<p>► <b>Fax in</b> (802)264-5647 Complete the registration form including your credit card information on the form. Incomplete forms will not be processed.</p>	<p>► <b>Mail in</b> Completed registration form with payment to: Colchester Parks &amp; Recreation 781 Blakely Road Colchester, VT 05446</p>	<p>► <b>Drop by the office</b> Monday - Friday 7:30 a.m. - 4:30 p.m. 781 Blakely Road Second Floor</p>
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**NEW ONLINE REGISTRATION SYSTEM**

The Colchester Parks & Recreation Department has a new online registration system. Our new system will provides 24 hr access and your account information is private and secure.

***EVERYONE WILL NEED TO CREATE A NEW ACCOUNT REGARDLESS OF PREVIOUS PARTICIPATION IN COLCHESTER PARKS AND RECREATION PROGRAMS:***

1. Click on Create an Account link
2. Fill out the form for New Account Request completely, including all required fields (birth date, email address, etc.) and click submit. Please submit your request only once.
3. Please note: If you are registering a child for an activity, please use your own information when filling out the online registration account request form, NOT the information of the child you wish to register for an activity. Once you have an online registration account, you will have the opportunity to add family members.